

COLLECTOR'S ISSUE THANKSGIVING ACROSS AMERICA

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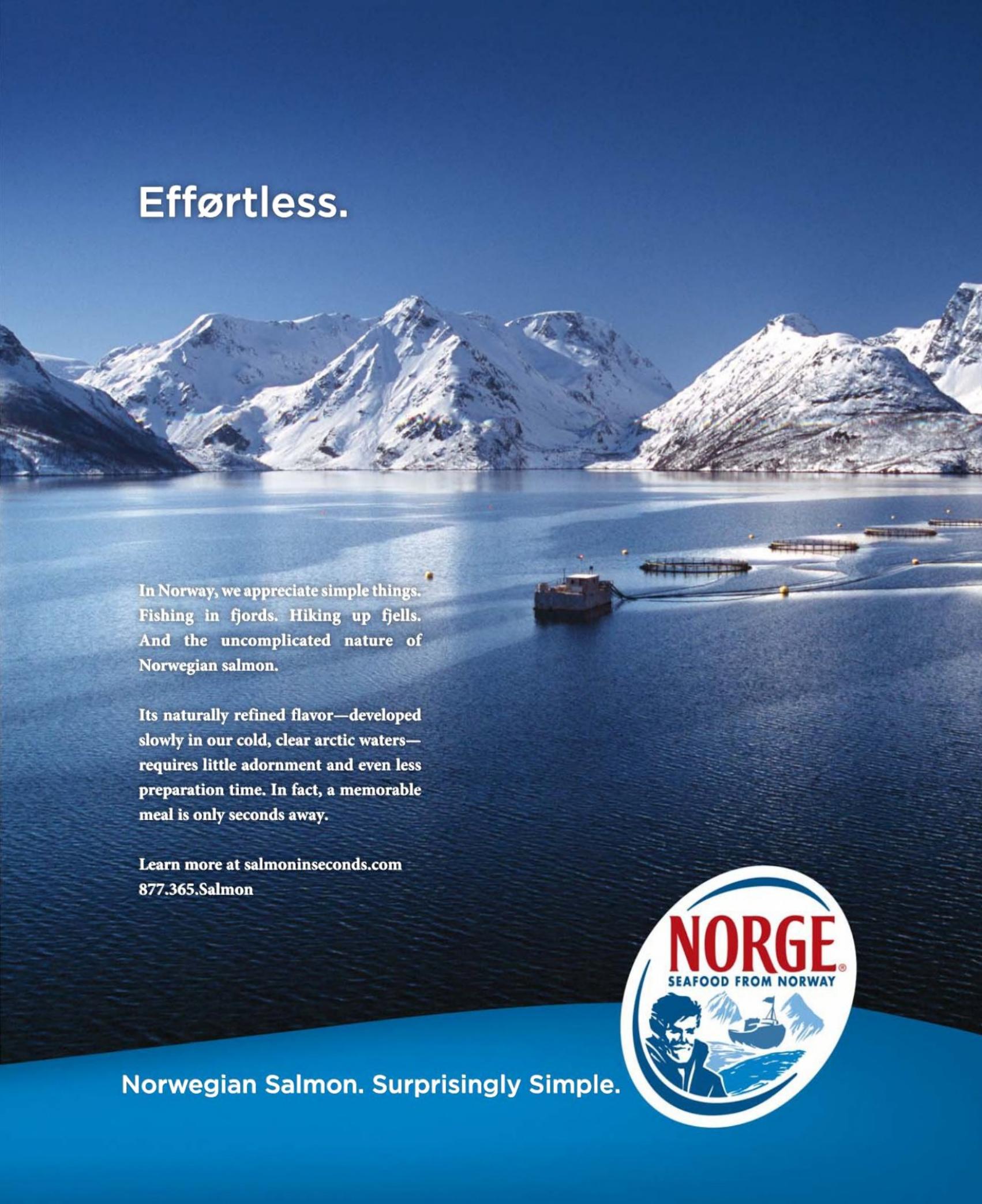
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Salad Guide

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SAVEUR

COLLECTOR'S ISSUE

GIVING THANKS

53 No two Thanksgiving celebrations are exactly alike. Still, there are certain flavors, rituals, and feelings connected with this, our most food-focused holiday, that strike a chord in all of us. Whether it's a classic New England spread of pumpkin, mincemeat, and apple pies or an expatriate's feast of chile-rubbed turkey in Oaxaca, Mexico, the meals chronicled in this special Thanksgiving feature offer a fresh perspective on what brings us back to the table year after year.



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Cover Herbed roast turkey. PHOTOGRAPH BY ANDRÉ BARANOWSKI

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THE ART OF KIMCHI

74 In Korea, autumn is the traditional time for making kimchi. That might mean fermented cabbage swathed in a fiery chile paste, crisp pickled cucumbers, or long-aged daikon radish, but whatever form kimchi takes, no Korean meal is complete without this intensely flavorful, endlessly versatile food.

BY MEI CHIN

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FIRST

Here's to You

A shout-out to a few of *SAVEUR*'s most valuable players

WHAT ARE YOU THANKFUL FOR?" It was the question the adults asked us kids every Thanksgiving at my aunt and uncle's house in Chapel Hill, North Carolina. Seated around a table overflowing with ceramic pilgrims and Indians, synthetic fall leaves, and silver candelabra, my cousins and I were each expected to give a thoughtful answer. We always groaned, but by the time we'd finished, there wasn't a dry eye in the room.

Remembering those Thanksgivings past got me thinking about our tight-knit, food-obsessed family here at *SAVEUR*. As the magazine's kitchen director, I sometimes get so busy that I forget to pause and consider the question of gratitude. To that end, I'd like to acknowledge how lucky I am to work with such a talented crew of interns. These culinary-school and journalism-school students, who spend anywhere from three to six months with us as part of their studies, are the backbone of the *SAVEUR* test kitchen. There's no way that we'd be able to shop for, test, and photograph the dishes that appear in each issue without them.

Take this special Thanksgiving edition (see "Giving Thanks," page 53). The interns hauled more than 150 pounds' worth of turkeys on the New York City subway from various markets back to our kitchen, where they proceeded to help make dozens of stuffings, cranberry sauces, and pies

SAVEUR interns: back row: **Mary-Frances Heck, Yael Coty, Marissa Seamans**; middle row: **Julie Hartigan, Katie Robbins, Lisa Kamen**; front row: **Emma Boast, Alexis Lewis**.

so that we could determine which versions were worthy of including in the issue. The interns are also responsible for keeping the kitchen clean and organized—no small feat considering how much food gets prepared here every day.

For all of us, working at *SAVEUR* is an education, a chance to learn new techniques, skills, and, sometimes, an entirely new cuisine. The truth is, though, that the interns



bring as much to the table as they take away. Yael Coty, who has just completed her internship with us, lived in Israel and proved invaluable as we tinkered with the recipes for "Jerusalem Mix" (page 84). After we'd made a less than successful batch of falafel, I overheard her on the phone speaking Hebrew with a vendor in Jerusalem, who recommended that we grind our chickpeas more coarsely to achieve a crisper crust. It worked!

I'm just as impressed by our editorial interns, who research stories and track down cooks and scholars all over the world to confirm facts and collect background information on a food—like the fish and sauerkraut in cream sauce on page 50, a dish that intern Katie Robbins traced to riverside villages in northeastern France.

All the interns are paying their dues in very competitive fields. It's my hope that *SAVEUR* is paying them back with an experience that will turn them into better cooks and journalists. For all of their hard work, I'd like to raise a glass and offer the heartiest of thanks.

—*HUNTER LEWIS, Kitchen Director*



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FARE

Personalities and Pleasures from the World of Food, plus Agenda and More



Law of Gravity

Celebrating a century of drip coffee

AMONG THE countless ways to brew a cup of coffee, James Freeman, owner of San Francisco's Blue Bottle coffee shops, thinks the old-fashioned drip method is the best. "Preparing coffee the simplest possible way—filter, cup, kettle, hot water, grounds," explains Freeman, "is elemental and satisfying, like cooking over an open flame." The resulting cup, Freeman says, is more satisfying than coffee made with other methods, such as the French press, because the filter removes particles from the brew, producing a cleaner flavor.

Freeman and other drip coffee fans have a Dresden housewife named Melitta Bentz to thank for it. At a trade fair in Leipzig, Germany, in 1909, Melitta Bentz caused a stir with coffee filters made from blotting paper taken from her son's school supplies. Prior to Bentz's innovation, "most people

W *The best drip coffeemakers at SAVEUR.COM/ISSUE124*

simply boiled their coffee, which overextracts and turns the brew bitter," explains the coffee historian Mark Prendergrast. Not only that, but removing the grit from the coffee proved difficult. In Bentz's solution, brewed coffee passed through the filter from a grounds-catching brass cup into a porcelain pot, drop by drop, and the filters

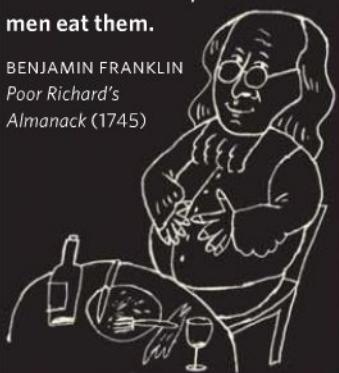
produced a mellow, smooth brew. Drip coffee was born.

Now, as the filter celebrates its centennial, drip coffee is still going strong and even enjoying a renaissance. In the United States alone, Melitta, the company Bentz started, still makes 10 million filters a day, and other drip products are gaining adherents. Many embrace the Chemex brewing system, invented 68 years ago by the German chemist Peter J. Schlumbohm, which uses a

FOOD FOR THOUGHT

Fools make feasts, and wise men eat them.

BENJAMIN FRANKLIN
Poor Richard's
Almanack (1745)



thick paper filter and an hour-glass-shaped glass flask. James Freeman of Blue Bottle is touting ultrafine hemp-based paper filters and a Japanese drip brewer called the Nel—short for *flannel*—which filters coffee through a flannel-cloth sack, producing a “shinier”-tasting, thicker brew. “It’s life changing,” he gushes. That’s probably what they said to Melitta Bentz. —Kara Newman

Haunting Spirits

New releases from shuttered distilleries

IT WAS LOVE at first nose: the whisky smelled of butterscotch, trampled grass, and a hint of burning rope. But I was in love with a ghost or, more accurately, with the handiwork



Plucky Charms

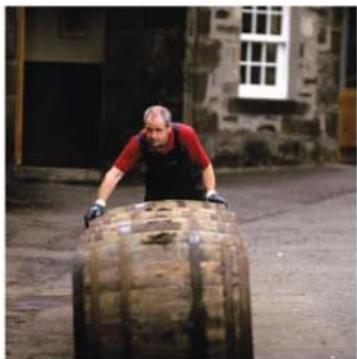
French food product key chains capture a bygone era

BROWSING PARIS'S CLIGNANCOURT antiques market, I stumbled upon a stall that sold nothing but commemorative key chains. Nestled between the miniature Peugeots and toy guns was a kitschy collection of food-related *porte-clés*, from a perfect little plastic *saucisson* complete with its white-mold coating to a pinky-size box of Viandox meat bouillon. There was a diminutive wheel of Bridel Camembert, a tiny jar of Amora mustard, a Lilliputian bottle of Martell cognac, and dozens more. The stall's owner, Françoise Chappuy, said that most of the food-product mementos dated to the 1950s and '60s, when cheaper methods of plastic fabrication prompted food manufacturers to offer promotional charms to customers. Though similar key chains were produced in Italy, Belgium, and other European countries, they proved especially popular in France. By the 1970s, the dominance of television advertising, among other factors, had caused production of the tchotchkies to fall off. Today the key chains are collector's items; Chappuy sells the pieces from her vast collection on her website, www.portecles-publicitaires.com. Most cost a few dollars, though rare ones—like a key chain from the Grégoire biscuit company that features a rabbit popping out of a hat—can fetch as much \$100 each. —Alexa Weibel

of a ghost: a freshly freed spirit from a long-gone whisky maker. This particular single malt had been made in 1975 by a distillery in the northeastern part of Scotland, called Banff, that closed in 1983.

Many of Scotland's most beloved distilleries met their demise in the 1980s, when overproduction and fluctuations in demand created the so-called whisky lake: too much malt and nobody to drink it. But several of those old distilleries produced very good single-malt scotch, and some of them left a felicitous legacy: orphaned casks that are now approaching a ripe and delicious age. The whiskies have names like Brora, Convalmore, and Port Ellen, and bottles cost anywhere from \$100 to more than \$600 each.

The value of these scotches lies not only in the fact that they have grown fine with age but also in the ephemeral experience of drinking them. To savor a whisky from a distillery like Banff, which stood in the coastal Highlands until its shuttering, or Rosebank, a lowland favorite mothballed on the banks of the Forth and Clyde Canal since 1993, is to get a taste



of a rapidly receding past. With each swallow, the amount of that particular scotch left in the world is diminished forever.

Demand for such whiskies has begun to bring a few of these “ghost distilleries” back to life. Glenglassaugh, on Scotland's Moray coast, was revived in 2008 after 22 years of silence. Glengyle, fallow since 1925 in the fabled distilling locale of Campbeltown, has been resurrected and renamed Kilkerran. I'm confident that these sequels won't disappoint, but I'll take pleasure in being among the last on Earth to raise a dram to these departed spirits. To Pittyvaich! To Dallas Dhu! To Killyloch! —Ian Williams

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Mash Notes

The oldest shop of its kind is still feeding Londoners on its own terms

I arrived just after two in the afternoon, but the lunch service at M. Manze was over, and the servers refused to feed me; the rules at London's oldest pie and mash shop are that strict. So, I returned the next day at noon sharp. Approaching the busy counter, I yelled out, "Two pies and mash!" A server flipped two golden, pastry-wrapped, palm-size beef pies from their individual tins onto a plate. Another dolloped mashed potatoes alongside the pies and inquired, "Liquor?" I nodded, and she ladled the parsley sauce over the mash. I took a seat and constructed the perfect forkful: crisp crust, well-seasoned minced beef, and starchily potatoes all in one bite, dripping with verdant liquor. As London workday lunches go, none better comes to mind.

M. Manze, a family-owned establishment on Tower Bridge Road in southeast London, was founded in 1902 by Michele Manze, an immigrant from the southern Italian village of Ravello. Although it is now the oldest, and one of the last remaining, London shops of its kind, it wasn't the first. Pie and mash shops date to the 1870s at the latest, and those businesses build on an even

older tradition, starting in the 11th century, of hawkers' selling meat and fish pies from boxes slung around their necks. M. Manze, like most pie and mash shops, used to serve its mash and liquor—a traditional, thickened parsley sauce—with three kinds of pie: minced beef, mutton, or eel. Those slippery fish—once abundant in the river Thames and also imported by Dutch traders—appealed to working-class Londoners seeking cheap protein. Not only were they baked into pie; they were stewed, jellied in their rendered fat, and sold live from vats. The mutton and eel pies, having fallen out of fashion, are no longer available at M. Manze, but you may still order stewed and jellied eels, prepared according to Michele Manze's recipes.

While older generations continue to appreciate the eel dishes, almost everyone else comes for the beef pies, which are baked at the shop every morning, with beef that is minced daily and pastry that is made by hand. Thankfully, judging from the roaring lunchtime trade, that specialty shows no sign of going the way of the eel pie anytime soon. —Nadia Arumugam

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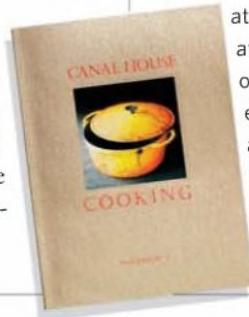
Artful Recipes

Culinary compatriots debut a new series

IT LOOKS AND feels like a literary quarterly: journal size, elegantly typeset, and self-published just a few times a year. But *Canal House Cooking*, now in its second of three issues per year, is a serialized cookbook, one that comprises unpretentious but inspiring recipes, photographs, stories, and quotations that are well suited to the home cook who revels in the simple pleasures of the table, not to mention a good



read by the fire. Leave it to Melissa Hamilton and Christopher Hirshemer, former *SAVEUR* editors, to create a publication that satisfies so many of our yearnings. After years of writing, editing, photographing, designing, and conceptualizing magazines and cookbooks, Hamilton and Hirshemer decided to get together to do what they love—cook—convening regularly in the galley kitchen of a warehouse loft along a New Jersey canal near their homes. Those canalside retreats have yielded recipes, like the one shown at right for a Thanksgiving appetizer of shrimp and pickled celery, that are for fresh yet traditional dishes, easy to prepare yet sophisticated in flavor. —*The Editors*



SHRIMP AND PICKLED CELERY

SERVES 6-8

In this flavorful appetizer based on a recipe in *Canal House Cooking*, volume number two, celery is simmered until tender and then paired with shrimp and lightly pickled.

- 1 cup rice vinegar
- 1 cup mirin
- 1/4 cup fresh lemon juice
- Kosher salt, to taste
- 3 tbsp. sugar
- 1/4 tsp. crushed red chile flakes
- 1 2" piece ginger, thinly sliced
- 20 black peppercorns
- 10 juniper berries
- 4 bay leaves
- 2 cinnamon sticks
- 4 whole celery hearts, leaves reserved for garnish
- 1 cup white wine
- 1 1/2 lbs. medium unpeeled shrimp
- Extra-virgin olive oil, for serving
- Lemon wedges, for serving

① Combine vinegar, mirin, lemon juice, salt, sugar, chile flakes, ginger, 12 peppercorns, juniper berries, 2 bay leaves, cinnamon, and 1 cup water in a 2-qt. saucepan over medium heat; cook, stirring often, until salt and sugar have dissolved, 3-5 minutes. Transfer brine to a large bowl; chill brine.

② Put celery into a 4-qt. saucepan; cover with 8 cups water. Add remaining peppercorns and bay leaves, along with wine; season with salt. Cover and bring to a boil; reduce heat to medium-low and simmer until celery is tender, 18-20 minutes. Using tongs, transfer celery to chilled brine. Add shrimp to the poaching liquid; cook until just pink, 1-2 minutes. Transfer shrimp to a bowl; let cool. Peel and devein shrimp; add to brine. Cover with plastic wrap; refrigerate, turning occasionally, for at least 1 hour or as long as overnight. To serve, slice celery diagonally; divide celery and shrimp between plates. Season with salt, drizzle with oil, and serve with lemon wedges.

AGENDA

NOVEMBER

7-8

GIANT OMELETTE CELEBRATION

Abbeville, Louisiana

You can't make a Cajun omelette without breaking a few eggs—5,024 eggs, in the case of the 800-pound omelette made last year at this festival. Each year, the members of the Confrerie d'Abbeville, a local French-culture fraternity, cook their giant creation on a 12-foot-wide steel skillet and serve it with French bread and Tabasco. Information: www.giantomelette.org.



NOVEMBER

15

CLOVELLY HERRING FESTIVAL

Clovelly, England

Now in its third year, this festival showcases oat-coated fried herring, which is caught according to sustainable practices in the waters off this coastal English town. Bone up on the fish's history at the "Kipperland" exhibit (kipper is an old English term for cured herring), watch fish-smoking demos, and wash the herring down with Thatchers Gold cider. Information: www.clovelly.co.uk.



NOVEMBER

18

Birthday:

ROSE MARKWARD KNOX

Mansfield, Ohio, 1857

In the 19th century, gelatin was a luxury product, laboriously made from ingredients like calf's foot jelly. Though packaged gelatin had been developed by 1890 when Rose Markward Knox and her husband opened their eponymous company, the Knoxes marketed a granulated version that made jellied dishes that much easier to prepare.

NOVEMBER

18-22

LOWCOUNTRY CELEBRATION

Palmetto Bluff, South Carolina

This three-day event celebrates Lowcountry foodways with wine tastings, music, and a food festival highlighting dishes from some of the Southeast's top chefs. But the main draw is the down-home dinners: a traditional oyster roast held along the banks of the May River and a block party featuring such Lowcountry classics as she-crab soup. Information: www.musictoyourmouth.com.

NOVEMBER

24

Anniversary:

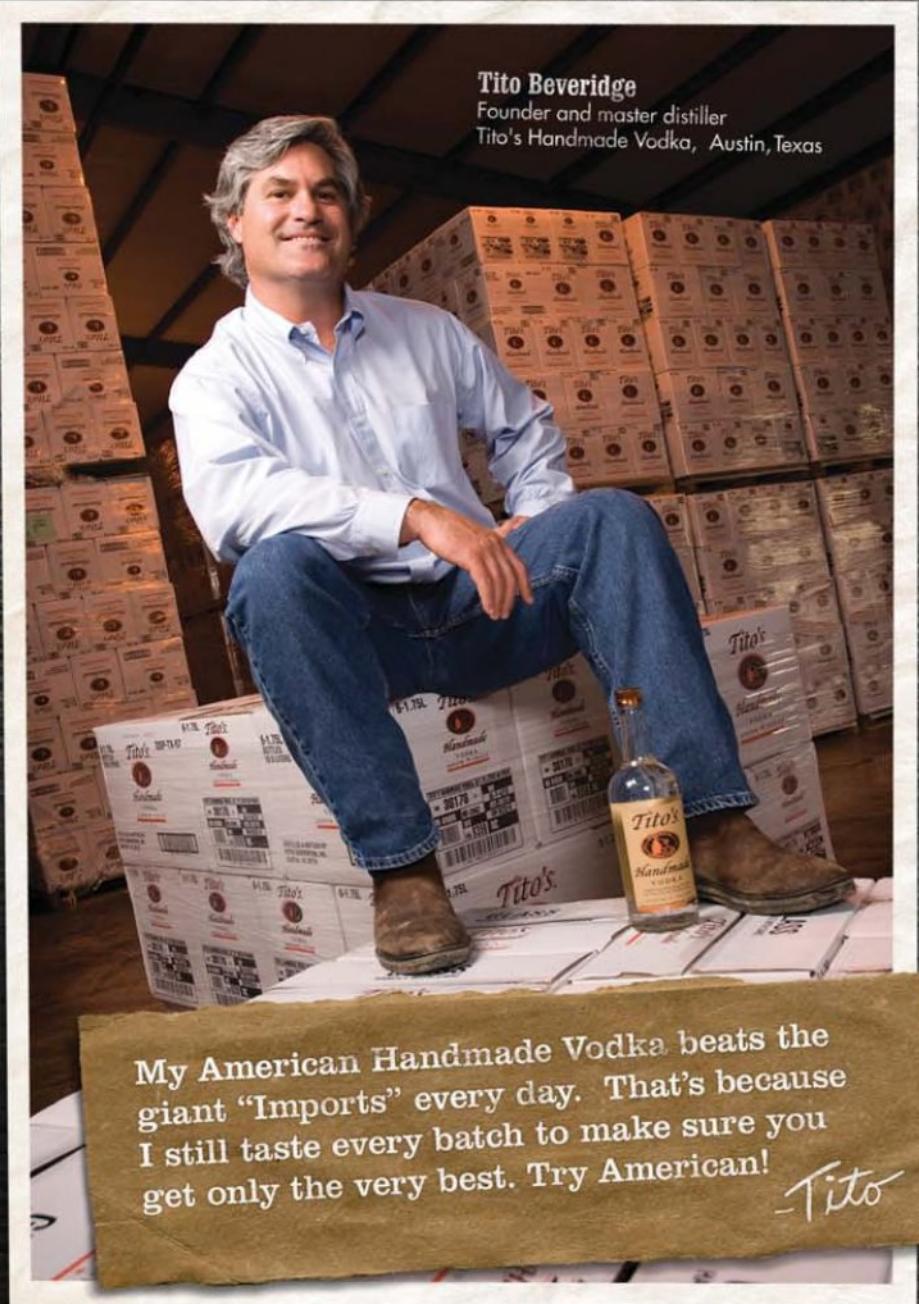
FIRST MENTION OF SANDWICH

1762

In his journal, the English historian Edward Gibbon wrote of "sipping upon a bit of cold meat, or a sandwich." At that time, sandwiches, named after the Earl of Sandwich, who popularized them, were men's food, served after a round of drinking. By the 1800s, both sexes were enjoying them as elegant snacks filled with such things as poached pheasant.



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A Kindly Host



COOKING IS GREAT therapy, no matter what ails you," Sheila Lukins, a *SAVEUR* contributing editor, the coauthor of *The Silver Palate Cookbook* (Workman Publishing, 1982), and author of several other important cookbooks, told me one evening 18

years ago as I watched her spoon blueberries into a fruit soup. I thought of Sheila's words when I learned she had passed away in August at the age of 66. Sheila's love of cooking and her belief in its ability to enrich lives not only got her through tough situations (at the time of that meal she was recovering from a cerebral hemorrhage), but it was contagious.

After setting up a catering company and opening one of the nation's first gourmet carry-out shops, the Silver Palate, on the Upper West Side of Manhattan, in 1977, Lukins wrote the book that would become the foodie field guide for the Woodstock generation as its members began savoring the fruits of middle-class existence. *The Silver Palate Cookbook* was classy, quirky, and fun,

just like Sheila, and it emboldened American cooks with recipes that ranged from classic international favorites—cassoulet, navarin of lamb—to her own creations, like pizza pot pie and blueberry-glazed chicken. She was a nonconformist in life and in the kitchen, and over the years, as she was writing cookbooks and editing *Parade* magazine's food section, she attracted a fervent following, including many of the country's best chefs. I dined out with Sheila many times; invariably, the chef would come over and the conversation would turn to recipes—usually Sheila's. That's how I'll remember her: full of great ideas and possessed of an indomitable optimism that will continue to inspire for years to come. —Bryan Miller

Off-Strip Stars

A neighborhood gem in Las Vegas

WE'RE DINING FINE in Vegas tonight: veal sweetbreads with lentils and bacon in a luscious mustard-laced butter sauce; crisp-skinned striped bass with a masterly hash of fingerling potatoes, rock shrimp, and andouille. But we're not at Charlie Palmer's Aureole, L'Atelier de Joël Robuchon, or another celebrated restaurant on the Las Vegas Strip. We're in a strip mall on the west side of town eight and a half miles from the center of the action. We're eating at Rosemary's Restaurant.

Though the holy grail of Las Vegas restaurant locations is still a spot on the Strip, places like

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FROM THE BEST LAND COMES

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FARE



changes his global menu daily, and Sen of Japan on the west side, headed by Hiro Nakano, who ran the kitchen at Nobu in Las Vegas, have joined institutions like the east side's 29-year-old acclaimed Thai restaurant, Lotus of Siam, in luring diners away from the marqueses.

Rosemary's is the work of the chefs Michael and Wendy Jordan, who met as students at the Culinary Institute of America in Hyde Park, New York, and are veterans of Strip kitchens. The couple opened Rosemary's (named for Michael's mother) in 1999 near where they lived, not just because they could afford the location but to fill a need close to home. "I was working at Emeril's New Orleans Fish House in the MGM Grand. We had about 40 percent local clientele, so I knew there were locals who would like a place in the 'hood," says Michael.

Nowadays, locals and visitors

alike come to Rosemary's, a comfortably elegant place, for dishes like their Monte Cristo (pictured at left), a creative reworking of the classic, served on brioche flavored with orange and mint and slathered in house-made jam, and Hugo's Texas BBQ shrimp, named after Wendy's stepfather, a World Series of Poker champ and the originator of the dish's tangy barbecue sauce. Refined without froufrou, it's bragging-rights American food that reflects the Jordans' upbringings and years spent in the Midwest, the Deep South, and New Orleans.

Tonight the cab ride to and from our hotel costs us \$50, but in a city of artifice, dining at Rosemary's is as real as it gets. —Cheryl Alters Jamison and Bill Jamison

THE PANTRY, page 106: Info on Melitta, ghost whiskies, M. Manze, Rosemary's, and Chandon pinot.

One Good Bottle

Domaine Chandon, the French champagne house known for producing sparkling wines in California, has taken pinot meunier, a grape dominant in France's Champagne region, and exposed it to Napaturf and sun. The result—the 2006 Domaine Chandon Pinot Meunier, Carneros (\$35)—is a luscious, harmonious red with a nose of cherries and plums commingling with brown sugar and baking spice.

But the real thrill is on the palate. This light ruby wine comes on fruity and warm, like many California reds, before transitioning to an elegant finish with a refreshing acidity. It's the perfect bottle for meat stew, smoked meats, and other rich autumnal fare. —David Rosengarten



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BOOK REVIEW

Taking the Cake

An exceptional crop of new baking books will delight novices and pros alike

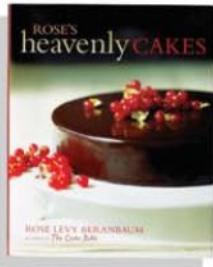
BY BEN MIMS

FEW MEMORIES ARE AS precious to me as that of my first lick of sour cream cheesecake batter from my mom's spoon when I was four years old. I loved the taste so much that Mom made that cake for my birthday every year after that, until I left our Mississippi home for college and, later, culinary school. That's how my lifelong passion for baking was born: at my mother's heels, with me constantly peering over her shoulder to see how she concocted her pecan pie, her light-as-air cheese straws, her crumbly vanilla tea cakes.

But here's a confession, Mom: you may have ignited the spark, but cookbooks have kept the flame burning. Poring over and studying baking books—scores and scores of them through the years—has inducted me into the wider world of baking beyond my Southern sphere of knowledge and inspired my fascination with the science behind the craft. I've compiled a large library, including a few reliable favorites I find myself turning to repeatedly.

However unfortunate the title is for me, Nigella Lawson's *How to Be a Domestic Goddess* (Hyperion, 2001) is a tried-and-true companion; the same goes for Sherry Yard's *The Secrets of Baking* (Houghton Mifflin, 2003), which provides simple recipes and tells you how to customize them to your tastes, setting you free to improvise. And I never fail to learn something new from Regan Daley's comprehensive *In the Sweet Kitchen* (Artisan, 2001).

THIS YEAR HAS BEEN AN especially good one for my baking library, to which I've added half a dozen or so first-rate newly published volumes. For an all-purpose, nuts-and-bolts baking book, it doesn't get better than **Fundamental Techniques of Classic Pastry**



Arts (Stewart, Tabori & Chang, \$75), a 500-page tome of recipes and techniques compiled by the French Culinary Institute, the cooking school in New York City (full disclosure: I'm an alum). The FCI is famous for its professional

bakery program, which the celebrated pastry chef and chocolatier Jacques Torres helped design, and the book does a great job of putting the curriculum into print.

In-depth chapters on equipment and ingredients explain how each piece of the pastry puzzle—from the importance of salt to how pastry is leavened—affects the outcome. The book takes a time-honored pedagogical approach, starting cooks off with beginner recipes, like ones for pastry cream and profiteroles, and encouraging them to build on earlier lessons to tackle technically demanding creations like the gâteau St-Honoré, a formidable cream puff cake filled with whipped cream and crowned with spun sugar.

Another wide-ranging, all-purpose gem is James Peterson's **Baking** (Ten Speed Press, \$40). An instructor at New York's Institute of Culinary Education, Peterson has written and photographed several step-by-step technique books, and his latest is a "greatest hits" of the pastry world, walking readers through everything from simple custards and cookies to elaborate gâteaux and rustic breads.

Lest my mom think my formal education has caused me to stray too far from my roots, I must add that I'm still in love with homey desserts like the ones in Karen DeMasco's **The Craft of Baking** (Clarkson Potter, \$35). DeMasco was the longtime pastry chef at Tom Colicchio's acclaimed New York City restaurant Craft, and in her book she shows beginning bakers how to reproduce with ease the delicious, com-

forting desserts for which she was known there: butterscotch pudding, Key lime meringue pie, chocolate cake doughnuts, and more.

By my lights, though, when it comes to finding deep satisfaction for the sweet tooth, nothing beats cake. **Rose's Heavenly Cakes** by Rose Levy Beranbaum (William Morrow, \$39.95) is a trove of show-stopping recipes that constitutes a command performance



New and Notable Reads

Encyclopedia of Pasta by Oretta Zanini de Vita (University of California Press, \$29.95)

The world of pasta is bewilderingly huge, so we're thrilled with this new, authoritative work, by one of Italy's leading food scholars. Whether it's menietti (tiny pasta akin to couscous) or marubini (a ravioli specific to the city of Cremona), the illustrated entries include ample historical, culinary, and etymological information.

French Feasts by Stéphane Reynaud (Stewart, Tabori & Chang, \$40) This chunky book from the writer and chef who inspired us with *Pork & Sons* (Phaidon, 2007) is an ebullient celebration of hearty French home cooking. In addition to the stellar range of recipes for classics like country pâté and regional dishes like the Auvergne's pork pot, it has gorgeous photos, whimsical illustrations, profiles of producers, and even sheet music for spirited French sing-alongs.

My New Orleans by John Besh (Andrews McMeel, \$45) This beautifully curated book by John Besh, chef at August and other restaurants in and around New Orleans, is one of the most loving and informative tributes to the city's food culture that's ever been put into print. Chapters on everything from gumbo to Mardi Gras, shrimp season to boucherie, are packed with vividly told stories and superb recipes. —B.M.

MICHOACÁN

The Soul of Mexico

The root of the word **MICHOACÁN** comes from a Nahuatl word meaning “Land of the Fisherman.” Yet this strikingly beautiful state’s geography is diverse, with seafood-loving coastal cities giving way to two tremendous mountain ranges and the lowlands known as El Bajío. In the volcanic soil of the mountains of Michoacán, farmers grow more than a million tons of incomparably delicious avocados, making the state the largest producer in Mexico. Resident bakers even make breads called *aguacates*, which are shaped like the buttery, savory fruit.

An enduring indigenous influence—more than 30 pre-colonial languages are spoken here—has shaped the state’s palate. Corn, the pre-Hispanic staple that could be regarded as the soul of Mexican cooking, comes in so many forms, including three kinds of tamales (one made with fresh corn along with the more common corn treated with slaked lime known as *nixtamal*) and the fermented corn beverage *sende*. The exceptionally delicious *pozole*—a hearty, spicy, hominy-packed soup now beloved all over the country—evolved here.

The food of Michoacán will come as a happy surprise to anyone expecting just rice and beans. You’ll find exceptional *carnitas* (luscious braised-then-fried pork), stews bearing the acidic spark of *xoconostles* (sour prickly pears), enchiladas sprinkled with Cotija cheese (made in the namesake town), and fruits like pomegranate, a tasty colonial import taken up enthusiastically by Mexicans enamored of its tart, crunchy seeds.

THE DAY OF THE DEAD CELEBRATION

Food also plays a big role in one of Michoacán’s most important holidays. Travelers who arrive in time for *El Día de Los Muertos* (The Day of the Dead) get to share in the food-centric celebration. On the night of November second, locals pay their respects to relatives and friends who have passed on by lighting thousands of candles on the banks of Lake Pátzcuaro. In the evening, these families board fishing boats bound for cemeteries on small islands in the lake, bringing with them their deceased loved ones’ favorite dishes. These symbolic, delicious foods include *corundas* (star-shaped tamales made from fresh corn), sugary treats molded in the shape of skulls, and *pan de muerto* (“the bread of the dead”), made to resemble the figures of men and women. Michoacán, locals believe, has a special spiritual significance—because of its extraordinary beauty, it’s the door to heaven through which the gods once came to earth. Today, that door is yours to enter.

For more information about Michoacán, visit
www.visitmichoacan.com.mx and www.visitmexico.com

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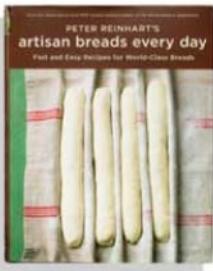
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BOOK REVIEW

after Beranbaum's hugely popular book *The Cake Bible* (William Morrow, 1988). Among the hundred or so choices, I found an easy and luscious red fruit shortcake, a devil's food cake that I now consider the gold standard, and a riff on American gingerbread cake (see recipe at right) that acquires impressive moistness and tanginess from British golden syrup and orange marmalade.



My love of dessert aside, I'm as interested in yeast as I am in sugar, and I've been contentedly baking my way through several remarkable bread books lately. **Artisan Breads Every Day**

by Peter Reinhart (Ten Speed Press, \$30), the renowned cookbook author and baking instructor at Johnson & Wales University, in Charlotte, North Carolina, demystifies the complexities of bread making by offering ways around laborious traditional methods. For example, instead of instructing readers to start with a time-consuming pre-fermentation of flour, yeast, and cold water, Reinhart suggests simply adding warm water to the yeast before mixing the dough, which saves time and yields fine flavor. I wish I'd had a book like this when I started baking bread; Reinhart's friendly recipes instill confidence, whether you're making his herb oil focaccia, cinnamon raisin bagels, or sumptuous braided challah.

One of the recent baking books I admire places the seemingly straightforward act of baking bread in a broader context. The British baking author Andrew Whitley—

More baking books at SAVEUR.COM/ISSUE124 a cofounder of the London-based Real

Bread Campaign, an organization that advocates for additive-free, natural breads—shows an almost political fervor in **Bread Matters** (Andrews McMeel, \$34.99). Whitley advances his organization's mission by offering alternatives to baking with commercial yeasts and white flour and also includes lots of excellent gluten-free recipes calling for non-wheat flours. Skeptical at first, I ended up being surprised at how much I loved the breads I made from this book. Whitley's version of Russian Borodinsky bread—made with rye flour and molasses—had lovely, caramelized notes. And his potato and quinoa bread, made

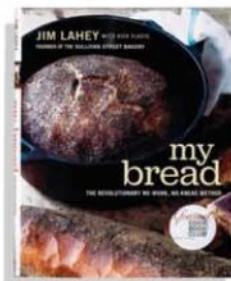
with brown rice flour and chestnut flour, had a pleasingly nutty, earthy perfume.

I don't come across many baking books that I'd characterize as revolutionary, but Jim Lahey's **My Bread** (W. W. Norton, \$29.95) is just that. The founder of New York City's Sullivan Street Bakery, Lahey gained a following in 2006 when the *New York Times* published his groundbreaking "no knead" bread recipe—an easy technique that reduced both the precision and the amount of elbow grease required for making good, crusty bread. This book is devoted to that technique, with dozens of recipes that call for it.

True, when I made Lahey's basic boule—which requires nothing more than stirring



together flour, salt, yeast, and water, letting the mixture ferment for a very long time (18 hours, in this case), and baking it in a Dutch oven—I found myself longing for the tactile pleasure of kneading I'd become accustomed to. Then I tasted my work; the loaf was tangy and earthy, with a moist, chewy crumb and the crispest crust I'd ever achieved in all my days of baking. Other recipes, from olive-studded loaves to onion-topped pizzas, build on the no-knead method and produce equally tasty results. *My Bread* is a soulful and generous book, enriched by Lahey's own reflections on the breads, bakers, and ovens he's known. Baking is his craft, his life. I guess I can relate to that. 



ENGLISH GINGERBREAD CAKE

SERVES 12-14

This moist, spice-laden dessert is based on a traditional English recipe in Rose Levy Beranbaum's *Rose's Heavenly Cakes* (Wiley, 2009).

- 10 tbsp. unsalted butter, at room temperature, plus more for the pan
- 1 cup plus 2 tbsp. cake flour, sifted, plus more for the pan
- 1½ cups Lyle's golden syrup, Steen's cane syrup, or dark corn syrup (see page 106)
- ¼ cup packed dark brown sugar
- 1½ tbsp. orange marmalade
- ⅔ cup milk
- 2 eggs
- 1 cup whole wheat flour
- 1½ tsp. baking powder
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- ½ tsp. baking soda
- ¼ tsp. kosher salt
- 3 tbsp. sugar
- 2 tbsp. fresh lemon juice
- Confectioners' sugar, for garnish

① Heat oven to 325°. Grease bottom and sides of an 8" x 8" metal baking pan with butter and line bottom of pan with parchment paper. Grease parchment paper with butter and dust paper and sides of pan with a little cake flour. Heat 8 tbsp. butter, golden syrup, brown sugar, and marmalade in a 2-qt. saucepan over medium-high heat. Cook, stirring often, until syrup thins and sugar dissolves, about 5 minutes; let cool for 10 minutes. Whisk in the milk and eggs; set syrup mixture aside.

② In a large bowl, whisk together cake flour, whole wheat flour, baking powder, cinnamon, ginger, baking soda, and salt. Add reserved syrup mixture and whisk until just combined. Pour batter into reserved baking pan. Bake until a toothpick inserted into center of cake comes out clean, about 50 minutes.

③ Transfer cake to a rack and let cool for 10 minutes. Meanwhile, heat remaining butter along with sugar and lemon juice in a 1-qt. saucepan over medium heat and cook, stirring often, until sugar dissolves, about 3 minutes. Using a pastry brush, brush half the lemon syrup over top of cake. Invert cake onto cooling rack, discard parchment, and brush the remaining lemon syrup on bottom and sides of cake. Invert the cake onto a serving stand and wrap in plastic wrap; let cool completely. The cake tastes better the day after baking and will keep for up to 4 days. To serve, cut cake into squares and sprinkle with confectioners' sugar.

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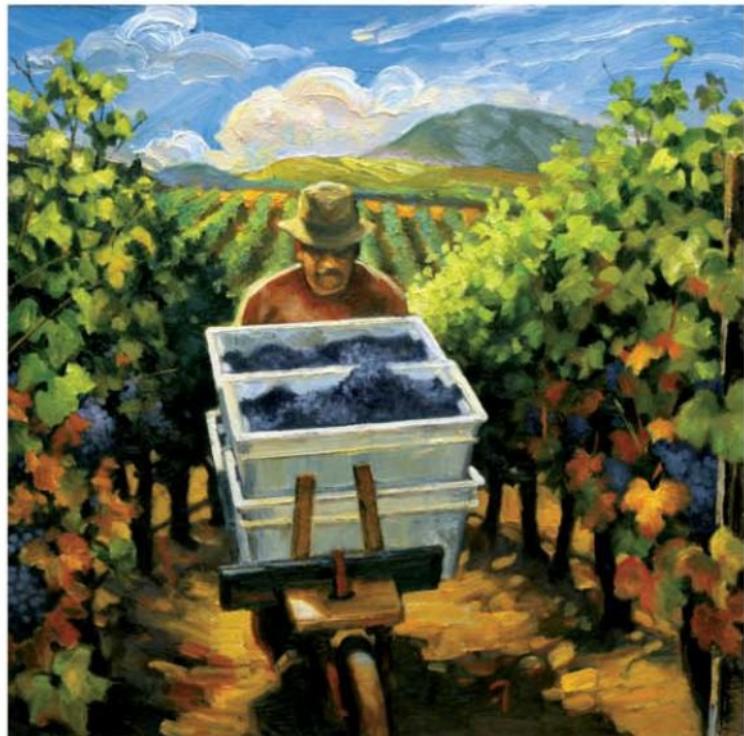
Ships' Registry: The Netherlands

CELLAR

Late Bloomer

In Chile, a long-lost grape is finally getting the attention it deserves

BY DAVID ROSENGARTEN



IN THE MID-1990S, THERE were rumors of a lost bordeaux grape variety that had just been “discovered” in the foothills of the Chilean Andes. At the time, I paid little attention; the world seemed flooded with bordeaux wannabes. Little did I know that Chilean carmenère would, over the next 15 years, emerge as the one new-world red I truly love: a gorgeous, idiosyncratic varietal that has found its fullest expression only in exile from its native land.

The tale of carmenère’s journey from southwestern France to South America is worthy of a mystery novel. The story begins in the mid-19th century, by which time Bordeaux winemakers had more or less settled on six kinds of grapes that could be blended together to make red bordeaux: cabernet sauvignon, cabernet franc, merlot, malbec, petit verdot, and carmenère. The grape that gave them the most trouble was carmenère, which came to wine-ready ripeness weeks after the other bordeaux varieties. It was, for a time, considered worth the hassle for the depth of color and interesting herbal note carmenère

brought to the bordeaux blend—that is, when the grapes were fully ripened. When they weren’t, they were known to contribute an excess of a quality commonly identified as “green,” meaning astringent and vegetal, reminiscent of green peppers. Then, the final straw: in the 1880s, after many of the vines in France were wiped out by a blight of phylloxera lice, French wineries began grafting vulnerable European vines onto phylloxera-resistant American rootstock—a process that the stressed-out carmenère vines didn’t take to well. That was the coup de grâce for carmenère in Bordeaux. Look at any wine textbook today, and it will tell you that red bordeaux is a blend of five grape varieties, not six.

Here the plot thickens. Some European winemakers, in the wake of the phylloxera blight, chose to make a fresh start in Chile, which already had a modest wine industry that had been importing vine cuttings from Bordeaux for decades. Winemakers there didn’t, as a rule, keep close tabs on exactly which varieties they had planted, however. Today we’re more inclined to identify a new-world wine according to the variety of grape it’s made from—a syrah, for example, or a chardonnay—but in those days individual grape varieties and single-variety wines were not fetishized in the same way. To this day, the owners of many new-world vineyards that were planted around 1900 don’t know what varieties they have, and those who hazard a guess sometimes get it wrong. Such was the case with Chilean carmenère, which was, for most of the 20th century, identified as Chilean merlot.

In the late 20th century, as consumers started to pay more attention to the kinds of grapes their wines were made from, some Chilean winemakers took a closer look at their vines and began to suspect that Chilean merlot was not, in fact, merlot. For one thing, it tasted different from other merlots; for another, it ripened late—so late, in fact, that the leaves on the vines turned bright red and even fell off before the fruit was ready for harvest. Some believed that the mystery of “Chilean merlot” was unraveled in 1991, when a visiting French scientist, Claude Valat, asserted (incorrectly) that Chilean merlot was probably another bordeaux variety, cabernet franc. It wasn’t until 1994 that another French scientist, Jean-Michel Boursiquot, finally identified this enigmatic grape for what it is: the long-lost carmenère. Confirmation

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HOPE SMITH took the trip of a lifetime to Antarctica where she got to hang out with her two tuxedoed friends amidst glaciers and mountains.



PAMELA WALKER just returned from Ecuador and Peru where she was hosted at historic haciendas and learned South American gourmet secrets from local chefs.



SUZY NEVINS just journeyed to Chile, staying at the Explora hotels in Patagonia, and Atacama desert...loved the yin and yang of hiking then returning to the hotel for great food and wine.



JENNIFER CAMPBELL just returned from Raymond Blanc's famed Le Manoir aux Quat' Saisons, just outside of Oxford, England. His Menu Découverte is 10+ courses of pure heaven.



MARCELLA RAPPORPO is just back from a cruise to Croatia on the fabulous new Seabourn Odyssey. The food and wines on the ship are superb. Charlie Palmer has created an inventive tasting menu for Restaurant 2.



PATTY PERRY enjoyed her recent trip to Switzerland, which included an incredible "lamb two ways" dinner at Restaurant Chez Heini in Zermatt, plus a musical performance from the chef/owner. Simply unbelievable!

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CELLAR

via DNA analysis soon followed.

That's when everything began to change. Equipped with a better understanding of the grape they'd been growing for years, some pioneering winemakers immediately embraced its quirks. Yes, carmenère can be offensively green—overpowered by that flavor of green pepper—when it's underripe, but bringing the fruit to full ripeness proved to be less of a problem in many of Chile's winegrowing regions than it had been in the comparatively cooler climes of Bordeaux. And green isn't always a bad thing. When carmenère is harvested at the right moment, its astringency becomes subtler and acts as a welcome counterpoint to the grape's fruity, plush, and juicy aspects. It also exhibits alluringly soft tannins that have led some to call it "cabernet sauvignon in silk pajamas," as well as, in many cases, a bright, balancing acidity, which always lends elegance to a big red. What you end up with is a wine with lots of fruitiness up front that magically turns dry and suave.

This particular convergence of qualities makes carmenère an excellent match for all kinds of foods. Some new-world reds taste awkward and overly sweet with steaks and roasts, but carmenère's full body stands up to rich meat dishes; then its dry finish pulls the wine back before it overwhelms the palate entirely. Conversely, ultra-elegant old-world reds often taste wimpy and washed out next to boldly flavored sweet-savory dishes, but carmenère's copious fruit lets it roll right over, say, roast duck with a tangy citrus sauce while still allowing the taste of the duck to come through.

Carmenère's recent history is both instructive and cautionary. In the past few vintages, some Chilean winemakers have suppressed the very qualities that make carmenère exceptional by pushing it further into the overoaked mainstream, the result being wines with more muscle than genuine character. Others are staying true to carmenère's inherent character while still producing a wonderful range of wines, with flavor profiles ranging from soft, lively, and minimally oaked to big, very ripe, tannic, and firmly structured. Many wines in the latter category will no doubt benefit from a few years of aging to allow their edges to smooth out.

There is nothing less than a Chilean wine revolution taking place right now: new grape-growing regions are yielding exciting wines, and winemakers are treating the grapes in creative ways. Let's just hope they don't get too creative with carmenère, a capricious, rewarding varietal that has finally come into its own. 

Tasting Notes

The Chilean carmenères available in the U.S. tend to fall into three categories: soft, seductive ones with minimal tannins and that signature green, or herbal, quality; slightly more expensive ones that are as a rule plush and juicy, with more oak and tannin; and, finally, big wines with high alcohol, mouth-gripping tannins, and extra helpings of oak that run upwards of \$50 a bottle. (For sources, see THE PANTRY, page 106.) —D.R.

UNDER \$20

2008 Terra Andina Carmenère, Valle Central (\$9). A classic carmenère nose, mingling green notes with cherries, plums, and red berries. A sweetish attack, relaxing into an elegant finish.

2007 Ventisquero Carmenère Reserva, Colchagua Valley (\$13). Vivid aromas with lots of carmenère green, plus smoky notes. Rich, with good acidity and a slightly stiff finish.

2008 Viu Manent Carmenère, Secreto, Colchagua Valley (\$14). Gorgeous nose: roses, incense, chocolate, and a little carmenère green. Lush mouth-feel, with tannic restraint in the finish. A suave, sophisticated wine, haunted by spice.

2007 Apaltagua Carmenère, Envero, Colchagua Valley (\$15). Classic herbal aromas meet up with vanilla and flowers in a bordeaux-esque way. A sweet start, soon neutralized by some welcome acidity, followed by a spicy, lightly tannic finish.

2007 Errazuriz Carmenère, Single Vineyard, Don Maximiano Estate, Aconcagua Valley (\$18). A world-class red at an amazing price. Subtle nose, emphasizing ripe fruit: plums, figs, and cherries. Velvety in the mouth and unusually dry. Should age magnificently over five to ten years.

\$20 TO \$50

2007 Veranda Carmenère Oda, Apalta (\$30). A very pretty wine. Lots of green in the nose, with chocolate and a touch of coffee. Plump, chewy, and a little sweet, but with a bracing acidity.

2006 Undurraga Founder's Collection, Colchagua Valley (\$40). Very green—it seems more like an herbal cabernet franc than a carmenère—along with some merlot-style pine notes. Should unfold well in three to five years.

OVER \$50

2005 Alka, Hacienda Araucano, Colchagua Valley (\$60). While other wines in this category are thick, purple, and tannic, this one is subtle and rounded, practically a ringer for an old bordeaux. Recognizable carmenère green on the nose, plus leather, cedar, tobacco, minerals, tar, and yeasty bread. Surprisingly supple on the palate; graceful with light body and zippy acidity.



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Lost Gems

Vintage tableware meets the future

BY DANA BOWEN

THE FIRST TIME I STEPPED inside the tableware store Replacements, Ltd., in Greensboro, North Carolina, my heart started racing: here was the flea market of my dreams. Filling a showroom the size of a football field—no, bigger—were new and vintage plates, saucers, chargers, forks, teacups, and every other imaginable dining-room accoutrement, all of it stretching on as far as the eye could see. A maze of glass-front cases holding precious antiques led to bargain rooms where plates were piled in tall stacks. I left with five bags full of finds, including a Mikasa teapot (\$6), a Wedgwood platter (\$20), and a lovely Depression-glass plate (99 cents).

As it turns out, Replacements lays claim to the largest and most diverse inventory of tableware in the world—some 14 million pieces in 300,000 different patterns and designs. It's the brainchild of a North Carolina native named Bob Page, who started the company 28 years ago, when he was working as an auditor and living for his weekend trips to flea markets. Friends started asking Page to keep his eyes peeled for specific pieces from their china or silver sets that had broken or gone missing. Page enjoyed reuniting people with those cherished items, so much so that he began advertising his services and keeping track of clients' requests on index cards. In 1981 he left his job to pursue the business full-time. Today, Replacements has more than 500 employees and a well-designed website where customers can learn about influential tableware companies, browse images, buy overstock and discontinued or vintage pieces, and get help in identifying heirloom patterns.

To visit Replacements, online or in the store, is to grasp just how much these items—whether it's a hand-painted Royal Copenhagen plate or a mass-produced Fiestaware gravy boat—enrich our meals and awaken our recollections. "Not everything we have demand for is based on quality," Page says, noting that his own mother brought home pieces from the very popular Johnson Brothers Coaching Scenes line as a "free gift" from her bank in the 1960s. "It's the memories and history behind these pieces that make them so special." Go to www.replacements.com, or call 800/737-5223. 



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LIST



1 Inventor and entrepreneur Gail Borden begins canning condensed milk in 1852. During the Civil War, the Union army issues a contract for Borden's product—the first ever for a canned food. **Commercial canning is born.**

30 Food Firsts

Chronicling key moments in culinary history

ANDREW SMITH, THE CULINARY historian who authored the indispensable *Oxford Companion to American Food and Drink* (Oxford University Press, 2007), has made it his mission to document the way Americans eat. In October, Columbia University Press published Smith's latest book, *Eating History: 30 Turning Points in the Making of American Cuisine*. Smith says that, after spending so many years examining the provenance of individual American foods, from ketchup to hamburgers to peanut butter, he wanted to pull back and look at the arc of American culinary history from a broader perspective. "I started seeing cross-connections between items," he says. "I started asking, How did we change? When did we change?" Smith ultimately pinpointed 30 watershed events, innovations, and inventions that hailed a new way of producing, cooking, selling, or eating food in the United States. We've collected Smith's fascinating findings, in a very abridged form and in no particular order, on these pages. —*The Editors*



2 In 1898, John Harvey Kellogg and his brother, Will—the owners of a sanitarium in Battle Creek, Michigan—offer their patients toasted corn flakes, a "health food" made by steaming, flattening, and baking corn kernels in an oven. Eight years later, Will starts promoting corn flakes as a **packaged breakfast cereal**.



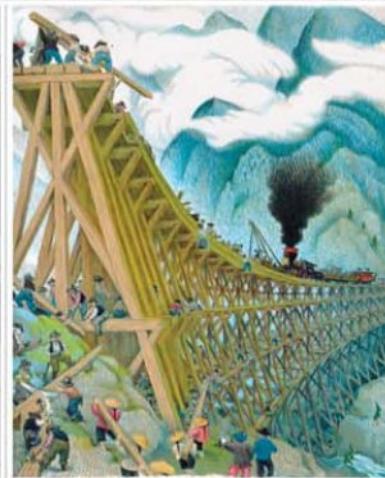
4 The Flavr Savr, a hybrid tomato that had been genetically modified to make it less prone to spoilage, becomes the **first bioengineered fruit or vegetable** to be approved by the FDA, in 1994. The Flavr Savr is not a commercial success, but it opens the floodgates for other GM foods.



5 In 1892, using a device called the Calorimeter, Wilbur O. Atwater begins measuring the food intake and energy output of more than 10,000 people, leading to a new way of tabulating the nutritional value of foods. **Measuring calories** eventually becomes a national obsession.



6 To promote her *Mastering the Art of French Cooking*, Julia Child appears on Boston's public television station in 1962 to demonstrate omelette making. The station gives Child her own program, *The French Chef*, the **first widely televised cooking show**.

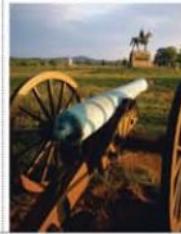


7 The debut issue of *Gourmet*, America's **first food magazine**, goes on sale in 1941. It contains a recipe for marinated wild bear.



9 Oliver Evans invents a fully automated grain mill in Delaware in 1784. Flour becomes the world's **first processed food**.

10 The **transcontinental railroad** is officially completed in 1869. Days later, train cars laden with California fruit start heading east from San Francisco for the one-week journey to New York, giving many Americans their first taste of California produce.



11 The outbreak of the Civil War in 1861 sends Union troops streaming into the South. Many of those who return bring with them a fondness for fried chicken, barbecue pork and beef, sweet potatoes, and other regional fare. **Southern cooking goes national.**



13 A tropical-plant exhibit at the 1876 Philadelphia Centennial Exposition **introduces bananas** to fairgoers, at ten cents apiece. Within a few years the fruit will reign as one of America's favorites.



12 In response to wartime restaurant labor shortages, the New Haven Restaurant Institute, the **first degree-granting culinary school in the U.S.**, opens in Connecticut in 1946. It later relocates to Hyde Park, New York, and is renamed the Culinary Institute of America.



16 The Erie Canal is completed in 1825. The waterway conveys cheap wheat and corn from the Midwest to the coastal markets of New England. New Englanders find they prefer inexpensive food from afar to locally grown items; the rest of America eventually follows suit.



17 Jean Nidetch, a New York housewife, starts a **weight-loss club** in 1963. She founds Weight Watchers later that year.



20 The first full-service supermarket in the U.S., King Kullen, opens in Queens, New York, in 1930.

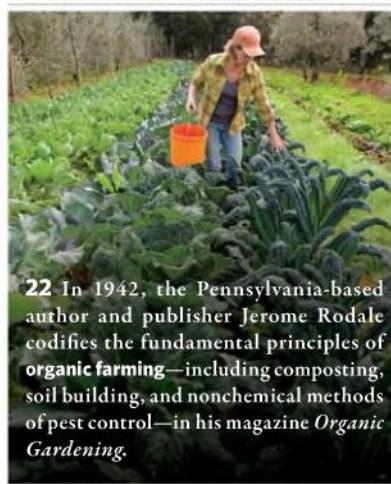


18 Alice Waters opens Chez Panisse in Berkeley, California, in 1971. **Seasonal cuisine** takes root in America.



15 In 1830, the dietary reformer Sylvester Graham gives his first lecture promoting vegetarianism and whole-grain foods like his whole wheat Graham bread (the precursor to graham crackers). **The modern health food movement is born.**

19 Philip Morris buys General Foods in 1985: the first of several mergers that **corporatize much of U.S. food production**.



22 In 1942, the Pennsylvania-based author and publisher Jerome Rodale codifies the fundamental principles of **organic farming**—including composting, soil building, and nonchemical methods of pest control—in his magazine *Organic Gardening*.



23 The gold rush of 1848 brings Chinese workers to California; the **first Chinese restaurants** catering to Americans soon follow, sparking a national love affair with "exotic" and "ethnic" cuisines.

24 In 1924 the entrepreneur Clarence Birdseye develops **quick-freezing technology**, which leads to such developments as TV dinners and the decline of home cooking.



26 Fast food as we know it is born when the McDonald brothers open their drive-in burger joint in California in 1948.



28 In 1896 the *Boston Cooking-School Cook Book* standardizes **measures** for the teaspoon, tablespoon, and cup.



29 After years of lobbying by a writer named Sarah Hale (right), President Lincoln **declares Thanksgiving a national holiday** in 1863. Hale's account of a Pilgrim-Indian feast has little basis in fact but resonates among citizens of a war-torn nation.

25 Upton Sinclair's *The Jungle* is published in 1906. The exposé of working conditions in the Chicago stockyards fails to strengthen workers' rights, but it does spur legislators to pass food-safety laws and prompts the eventual founding of the FDA.

30 Quaker Oats debuts its famous label in 1891, marking the **advent of modern food branding**.



About OREGANO



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Yet it wasn't until after U.S. soldiers stationed in Italy during World War II returned home, dreaming perhaps of the oregano-flecked pizzas they ate there, that the herb became one of America's most beloved cabinet staples.

Some cooks use the gentle lemony herb in its fresh form, but oregano is one of the very few herbs that is especially lovely when it's dried. Spice Islands harvests oregano at the peak of its vitality. The plant's volatile oils are high at this time so the flavor intensifies into something perfumed and woodsy.

It's just the thing to provide a spark to holiday recipes, an unexpected alternative to standards like rosemary that's guaranteed to make guests take notice. Oregano's affinity with other complex-tasting herbs and spices, like cinnamon, is what turns this dish into the perfect treat.



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Turkey Flatbread with Cranberry Salsa

PREP TIME: 15 minutes | BAKE TIME: 10 minutes

- 1 (12-inch) prepared pizza crust or flatbread
- ½ lb. turkey breast, deli cut
- 1 cup cranberries, fresh or frozen
- 1 medium green bell pepper, cored, seeded, chopped
- 1 medium jalapeño pepper, seeds and veins removed, chopped
- 1 tsp. Spice Islands Ground Saigon Cinnamon
- 1 tsp. Spice Islands Ground Coriander
- 1 tsp. Spice Islands Ground Cumin
- 1 tsp. Spice Islands Oregano
- ¼ tsp. Spice Islands Fine Grind Black Pepper
- ½ cup chopped red onion
- ½ cup chopped fresh cilantro
- 1 can (6 oz.) frozen orange juice concentrate, thawed

Bake pizza crust or flatbread according to package directions.

Arrange turkey on top of pizza crust. Coarsely chop remaining ingredients (or use food processor until coarsely chopped). Spread cranberry salsa over top of turkey.

Cut into squares. Garnish with additional cilantro and jalapeño slices, if desired. Serve immediately.



Turkey Flatbread with Cranberry Salsa



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LIVES

Rare Breed

How a farmer's love for turkeys is saving American poultry

BY MOLLY O'NEILL

BEYOND THE TOWN OF LINDSBORG, with its church steeples and 2,000 or so houses, the Kansas prairie is a flat forever. There's nothing to absorb wind or sound. The whinny of gears in a pickup; the bullish snort of a combine harvester turning frosty dirt—the noises of a winter afternoon seemed bigger than anything mortal. Standing in a field on Frank Reese Jr.'s farm outside town as the shadows grew longer, I felt truly alone.

I pictured Reese, a poultry breeder who was born near here, shepherding his turkeys across this same, endless horizon as a boy and wondered whether he too had felt alone. From an early age, he had the job of ushering birds on his family's farm from the barn to the open range so that they could peck for insects. He took to the role, and to the birds. When the other children in his first-grade class wrote adoring sonnets to their cats and dogs, Reese crafted a personal essay titled "Me and My Turkeys."

He was surprised by the looks he got. In his young mind, love was love, and he has no memory of ever not loving turkeys. That is the only way he can explain having devoted his life to preserving the traditional American breeds that were once common on dinner tables across the country. After all, though Reese is a perfectly good cook, he's not the sort of fanatic who'd spend decades chasing the Platonic ideal of an ingredient. He also doesn't seem like the type of person who'd take up the banner against industrial farming.

In fact, Reese, who is 61 years old, would prefer to spend his evenings reading antique poultry magazines or the spiritual writings of Saint Augustine and Saint Teresa. He is solidly built and speaks in measured tones. In his well-pressed flannel shirt, he looks as if he might have stepped off a page of the 1954 Sears, Roebuck catalogue.

And yet, to food lovers, animal lovers, and many family farmers, this fourth-generation farmer from Kansas is more than just a turkey breeder with old-fashioned ways. He is a saint. Reese is the man who saved American poultry.

FROM THE OUTSIDE, THE FARMHOUSE at the Good Shepherd Turkey Ranch, which is what Reese calls his farm, looks like a monument to a vanished way of life. Set on a corner of the 160-acre spread, the three-story home has Victorian trim and a fresh coat of white paint. It is framed by two red barns and a venerable elm tree, the kind you'd expect to see a swing hanging from. A pie should be cooling on the sill of the kitchen window. Kids should be chasing around the yard.

But Reese is a bachelor. Instead of family portraits and Norman

Rockwell prints, turkey-related art hangs on the walls alongside his collection of religious art and blue ribbons from poultry shows. The house is well tended—Reese restored the white pine woodwork and ordered burgundy-colored Victorian-style wallpaper from the designer wallpaper company Bradbury & Bradbury for the dining room and sitting room—but the scent of diesel fuel and turkey coop from Reese's work clothes laces the air. Feed catalogues, fan letters, tax forms, utility bills, and photographs of turkeys are arranged in neat piles on the dining-room table. I'd spent the day visiting the farm with Reese, and he'd invited me in from the cold. The house was utterly quiet but for the sound of the farmer riffling through the papers on the table. Finally, finding what he was after, he waved a black-and-white portrait of a handsome Bronze turkey. "Charlie!" he exclaimed.

"Out of a thousand turkeys," Reese said, "there is always one who wants to be with you all the time. Charlie was my first. When I was a kid, the neighbor's dog got his tail. The vet took one look and said, 'You better just butcher him.' I went nuts and said, 'You fix him!' So he sewed his tail back on, and Charlie and I hung out for the next ten years."

For decades, Reese assumed that he'd gotten so friendly with turkeys when he was a kid merely to make the best of a frustrating situation. "I was the youngest and too little to drive the tractor or handle the cattle or pigs," he said, "so I got sent to the poultry house." Eventually, though, he came to the awareness that there had to be more to it than that. "My father once said that he took me to the state fair when I was three and that all I wanted to do was drag him through the turkey exhibits," Reese told me. "So maybe I was just born this way."

Until he'd grown enough to manage turkeys on his own, Reese showed chickens. He took his first blue ribbon at the Saline County Fair when he was eight years old and won every year for the next decade. Starting at the age of ten, he showed turkeys too.

"I got beat a lot," he said. "Back then, there was no kids' division, and I was up there showing with all the old, legendary turkey breeders: Norman Kardosh and his Narragansetts, Sadie Lloyd and her Bourbon Reds, Cecil Moore and his Bronzes." The older turkey breeders may have taken home the blue ribbons, but they also took note of Reese's talent. These farmers and enthusiasts had spent lifetimes preserving American barnyard breeds, some of whose bloodlines could be traced to the 1890s. Until Frank Reese appeared, none of those breeders had anointed an heir to continue their legacy. Each knew the clock was ticking.

GROWING UP, REESE WAS NEVER more in his element than he was at poultry shows. These bustling events, which took place across rural America throughout the 20th century (and still do, in some areas),

MOLLY O'NEILL's most recent article for *SAVEUR* was "Brilliant Bulbs" (January/February 2009).



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LIVES

culminated in big annual national competitions, where farmers and hobbyists displayed prized birds that they'd bred for hardiness, meat quality, reproductive prowess, and physical beauty. Held in vast exhibition halls, the juried contests were similar to dog shows, a *Best in Show* milieu in which hair dryers were aimed at feathers rather than fur. "If you won the national show, you were set because everybody wanted to buy your birds," said Reese.

The shows were also where older breeders mentored potential successors. "They taught me the breed history," Reese remembered. "They had me sitting on the ground with my standards book, studying each bird." Reese was talking about *Standard of Perfection*, a guide published by the American Poultry Association that recognizes eight distinct varieties of turkey that are considered to be the purest farm breeds and describes the ideal physical characteristics of each one. The book, first published in 1874, harks back to an era when the differences between common breeds of chickens and turkeys were as dramatic as the differences between, say, a Great Dane and a Dachshund. These varieties were raised for different uses: big roasters for Sunday dinners, tough and flavorful stews for soup, plump-legged fryers, and so on.

Norman Kardosh, a breeder from Alton, Kansas, was Reese's most influential teacher. "Norman taught me about the importance of fine breeding, how it ensures the survival of the best bloodlines and how that, in turn, ensures biodiversity among the species. Without those two things, any creature is doomed to extinction."

At some point in the late 1970s, after earning a nursing degree and finishing a stint in the army in Texas, Reese realized that standard bred birds—as the types of poultry recognized in *Standard of Perfection* are called—were in trouble. He was raising turkeys at his home south of San Antonio and competing on the side. "I'd always competed against 50 to 100 birds at every show. Suddenly it was just me," he recalled.

American farmers just weren't raising standard bred birds anymore, at least not in significant numbers. "The commercial industry had developed a couple varieties that cost less to feed, fattened up faster, and sold well, and farmers raised these to the exclusion of all others," Reese explained to me. "This means that one flu could wipe out every bird in this country." To make matters worse, he said, commercial birds—a broad-breasted white variety developed in the 1950s—all tend to taste the same. "They have no flavor! No individuality!" he lamented.

Reese began expanding his flock. Meanwhile, he worked as a nurse at a hospital in San Antonio and eked out additional money by taking odd jobs and even modeling. In his early 30s, Reese looked every inch the Marlboro Man, whom he once portrayed in an advertising campaign.

TEXAS WAS FUN, SAID REESE, "but it was no place to raise a turkey." So, in 1989, he moved back to Kansas, bought a farm outside Lindsborg that he called Good Shepherd Turkey Ranch, and ramped

up his breeding program. He was more worried than ever about American poultry. "The bloodlines were dying out. Norman didn't want to believe me," Reese recalled. "He was in his late 70s, but he got in his truck and went looking for his birds. He went to every farm he'd sold to, and he didn't find one Norman Kardosh Narragansett." Reese's other mentors were beginning to pass away. "Norman was the last to go," Reese said. "I promised him that I would not let these birds die off the face of the Earth."

By 2002, Reese had increased the national population of standard bred turkeys to such an extent that he was able to sell to some restaurants and individuals. "The only way to save these birds is to get people to eat them," he said. Reese created a cooperative of several farmers in Kansas and sold 800 heritage turkeys—as the farmers branded their standard bred birds—that first year. Two years later, Reese took on a business partner, a young poultry farmer named Brian Anselmo, whom Reese considered to be the next heir to the old-breed poultry legacy. In 2007, the number of farmers in the Good Shepherd co-op grew to a dozen; they sold 10,000 old-breed turkeys that Thanksgiving. It wasn't much compared with the 46 million industrially raised turkeys sold during that holiday each year, but it was a milestone nonetheless.

In 2008, Anselmo died suddenly of complications of asthma at the age of 28. Reese, recognized by then as the premier source of old-breed birds in the nation, became even more focused on selling his breeding stock. "I'm all these birds have now," Reese said. Nowadays, he's pouring his energy into plans for the Standard Bred Poultry Institute, a place where farmers will learn how to breed, raise, preserve, and cook these birds. He is building the facility, using his own savings and, he hopes, donor money, on the ridge just beyond his barns. "I'm leaving it all to them," Reese said.

We'd been sitting in his dining room for a long while. Outside, the wind was keening around the house. Reese pushed back from the table, and I followed him as he walked to the kitchen, zipped a barn jacket over his flannel shirt, pulled on a stocking cap, and walked out his back door.

We headed toward the pasture next to the larger of the two red barns. There, under a darkening sky, hundreds of turkeys were already crowding at the fence, strutting excitedly, puffing their feathers, and craning their wobbly-skinned necks. The birds mobbed Reese as he pushed through the gate. At the center of this shiny, feathery universe, Reese chattered and scolded. Bending down, he scooped up a huge Bronze and cradled it in the crook of his arm.

"This is Norman," he said, beaming. The bird had bright eyes and copper-colored feathers with black edges. He put Norman down, and the animal spread its lush tail feathers in an impressive rainbow. "Isn't he something?" said Reese. "We've been hanging out for a few years. Norman isn't going anywhere. Norman's staying right here." 

THE PANTRY, page 106: A source for heritage-breed turkeys.

Beautiful Birds

While commercial turkeys are bred to yield abundant breast meat, these older varieties promise juicy and richly flavored meat from all over, especially the legs and thighs. —Katherine Cancila



Bourbon Red

Developed in the late 1800s, this chestnut-colored variety takes its name from Bourbon County, Kentucky.



Narragansett

This small, flavorful turkey descends from a cross between a wild turkey and a variety called Black; it was popular in the 19th century.



Standard Bronze

The copper-feathered Bronze is one of the largest heritage birds and was the predominant breed until the early 1900s.



White Holland

Likely brought to the New World by Dutch settlers in the 1600s; there are fewer than 1,000 birds left.



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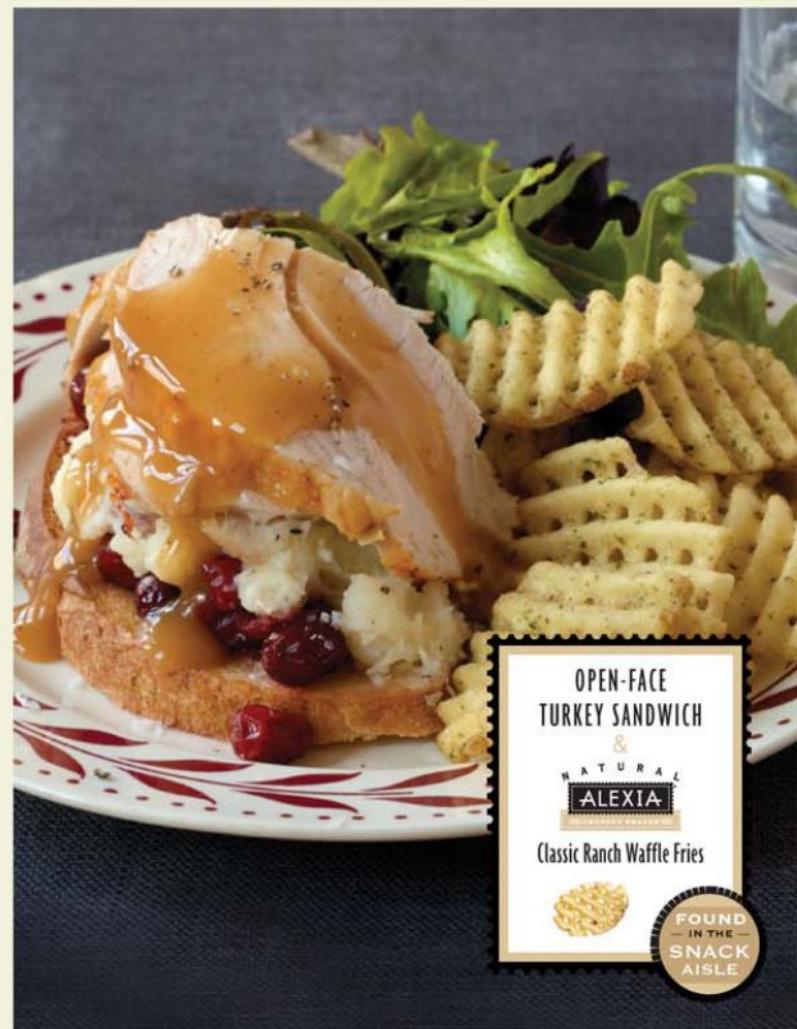
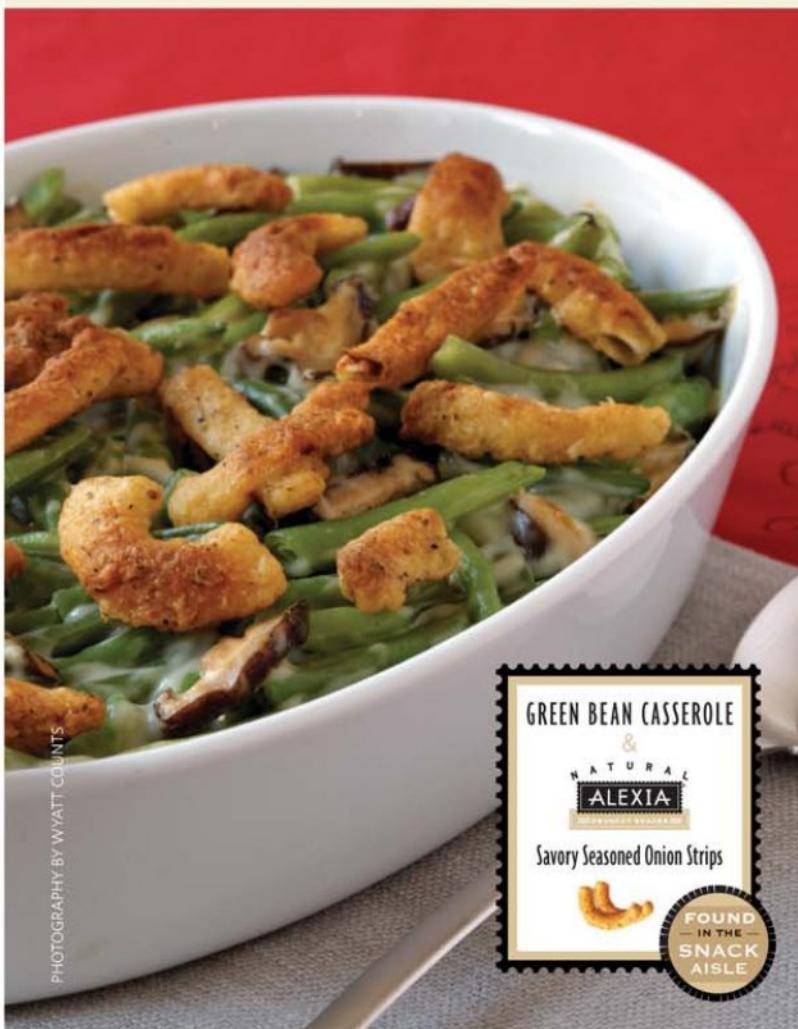


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ONION DIP

SERVES 8

- 3 tbsp. extra-virgin olive oil
- 2 large onions, chopped
- 3 tbsp. dry sherry
- 1 tsp. finely chopped fresh thyme
- 1/4 tsp. paprika
- 8 oz. sour cream
- 8 oz. mayonnaise
- 3 oz. cream cheese, softened
- Kosher salt and finely ground black pepper, to taste
- 1 tsp. finely chopped fresh chives, for garnish

METHOD

Heat oil in a 12" skillet over high heat. Add onions, season with salt and pepper, and cook, stirring frequently, until lightly browned, about 3 minutes. Remove skillet from heat, add sherry, thyme, and paprika and return skillet to medium-high heat. Cook, stirring occasionally, until onions soften and sherry evaporates, about 8 minutes. Transfer onion mixture to a bowl and stir in sour cream, mayonnaise, and cream cheese. Season with salt and pepper, cover, and refrigerate until set, at least 1 hour. Garnish with chives and serve with Alexia Jalapeño Onion Strips.

PAIRS WITH

JALAPEÑO
ONION STRIPS

OPEN-FACE TURKEY SANDWICH

SERVES 2

- 2 slices rustic country-style bread
- 2 tbsp. unsalted butter, softened
- 1/4 cup mashed potatoes, at room temperature
- 1/2 cup cranberry sauce, at room temperature
- 1/2 lb. thickly sliced turkey breast, at room temperature
- 1/4 cup hot gravy
- Freshly ground black pepper, to taste

METHOD

Spread slices of bread with butter and toast until golden brown. Using the back of a spoon, spread toast with mashed potatoes and cranberry sauce. Arrange turkey slices on top of cranberry sauce, drizzle sandwiches with hot gravy, and season with black pepper. Serve with a green salad and Alexia Classic Ranch Waffle Fries.

PAIRS WITH

CLASSIC RANCH
WAFFLE FRIES

BUTTERNUT SQUASH SOUP

SERVES 6

- 2 tbsp. extra-virgin olive oil
- 4 cloves garlic, smashed
- 1 large white onion, chopped
- 1 2 1/2 lb. butternut squash, peeled, seeded, and cut into 1" pieces
- 5 1/2 cups vegetable broth
- 1/4 cup freshly squeezed orange juice plus 1/2 tsp. zest
- 1 tbsp. finely chopped fresh thyme
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. crème fraîche, for garnish

METHOD

Heat oil in a large pot over medium-high heat. Add garlic and onions and cook, stirring occasionally, until soft, about 12 minutes. Add squash, broth, juice, zest, and thyme. Cover, bring to a boil, reduce heat to medium-low, and simmer until squash is soft, about 40 minutes. Working in batches, purée soup in a blender. Transfer purée to clean pot, season with salt and pepper, and set over medium heat until hot. Serve with Alexia Aged Cheddar Waffle Fries.

PAIRS WITH

AGED CHEDDAR
WAFFLE FRIES

GREEN BEAN CASSEROLE

SERVES 6-8

- 3 cups chicken broth
- 1 oz. dried shiitake mushrooms, stemmed
- Kosher salt, to taste
- 2 lbs. green beans, cut into 2" pieces
- 5 tbsp. unsalted butter
- 1/4 cup flour
- 1/3 cup heavy cream
- Freshly ground black pepper, to taste
- Alexia Savory Seasoned Onion Strips, for topping

PAIRS WITH

SAVORY SEASONED
ONION STRIPS

METHOD

Bring broth to a boil in a small pot. Remove from heat, add mushrooms, cover, and let soften for 20 minutes. Strain mushrooms; reserve broth. Thinly slice mushrooms and set aside. Meanwhile, bring a pot of salted water to a boil. Add green beans; cook until tender, about 6 minutes. Transfer beans to a bowl of ice water; chill for 5 minutes, drain, and pat dry with kitchen towels. Heat oven to 375°. Grease an 8" x 8" casserole with 1 tbsp. butter; set aside. Melt remaining butter in a saucepan over medium heat. Whisk in flour; cook for 1 minute. Continue whisking and pour in reserved broth; bring to a boil.

Reduce heat to medium-low; simmer, whisking occasionally, until thickened, 15-20 minutes. Whisk in cream and combine with beans, reserved mushrooms, and salt and pepper in a bowl; transfer to casserole. Top with Alexia Savory Seasoned Onion Strips; bake until bubbly, about 20 minutes.

CLASSIC

Meat of the Matter

Choucroute garnie is one of France's heartiest creations

BY BETH KRACKLAUER



THE FIRST TIME I VISITED Alsace, the half-timbered houses and the window boxes filled with geraniums looked to me like something out of a Grimm fairy tale. In one of the cozy *winstubs*, or taverns, unique to this northeastern corner of France, I was introduced to authentic Alsatian choucroute garnie, a heaping platter of wine-braised sauerkraut (*choucroute* in French), "garnished" with Hansel and Gretel-worthy portions of cured pork and sausages. When the dish came to my table, I giggled at the sheer, cartoonish abundance of it. It wasn't like any French food I'd eaten before, and it wasn't quite

like the many German sausage-and-kraut dishes I'd had, either.

Alsace, perched on the threshold between western Europe and central Europe, has bounced back and forth between France and Germany many times over the centuries. Nationality there has always been a less reliable marker of identity than the region's own, idiosyncratic customs, dialect, and cuisine, of which choucroute garnie is the most widely acclaimed symbol. For the French, especially those from the country's northeast, it's a dish that both evokes and satisfies a yearning for home and the comforts of childhood. Ask an Alsatian about choucroute, and he'll invariably start talking about his grandmother.

On a recent trip to Alsace, however, I was determined to get past all that and find out what precisely is involved in the making of a great choucroute garnie. I enlisted the help of the Alsatian chef Jean-Yves Schillinger, who agreed to meet me in the kitchen of Brasserie Côté Cour, a restaurant in the city of Colmar where he serves as a consulting chef. Schillinger, 46, grew up working in his family's acclaimed Restaurant Schillinger; now he has a couple of restaurants of his own in Colmar, including the Michelin-starred JY'S. When I pointed out that he's better known for haute cuisine than for traditional fare like choucroute, he shrugged and said, "But I am Alsatian," as if the recipe for choucroute were encoded in his DNA.

He began by melting a generous dollop

of duck fat in a Dutch oven, the first step in making silky sauerkraut. He pointed out that it's also important to rinse the choucroute before putting it into the pot: "In the end, the flavor should be delicate, like wine, not brine." After seasoning the fermented cabbage with salt and pouring in a few cups of dry Alsatian riesling, he added a bouquet garni of bay leaves, cloves, and juniper berries. Now it was time to add the cured pork. There were two types of slab bacon, salty and smoky, and échine, a delicious cut from the back of the pig's neck that I'm sorry to say isn't available in the United States. While the pork and sauerkraut baked in the oven, chef Schillinger simmered the sausages on the stovetop: frankfurter-like knackwursts; garlicky, cumin-flecked Montbéliards; and mild, white boudins blancs. A thick round of boudin noir, or blood sausage, was cooked separately and sliced before serving.

The finished dish came to the table in a traditional ceramic tureen. The thick slices of bacon and échine were layered like shingles over a perfect pyramid of choucroute, with boiled potatoes and the sausages arranged on top. The choucroute itself was finely textured, ginlike from the juniper berries, fruity from the riesling, and infused with some of the smokiness and savor of the pork. It was a truly magnificent creation.

Over the next several days, I tried other choucrottes garnies featuring different meats, notably jambonneau, or ham hock,

Prime Pork Some French cuts and sausages used in choucroute garnie aren't available in the U.S., but it's easy to find very close substitutes.



Kasseler rippchen are cuts of brined and smoked loin chop with a distinctive dense texture.



Bockwurst, a mild pork and veal sausage, is a close cousin of the boudins blancs often used in Alsace.



Ham hocks, often found in Alsace cured, benefit from simmering when bought fresh.



Bauernwurst's smoky, herby flavor approximates that of French Montbéliard sausage.



Knackwurst, known as saucisse de Strasbourg in France, is much like a hot dog, only spicier.

CLASSIC

CHOUCRUTE GARNIE

(Sauerkraut with Pork and Sausages)

SERVES 8-10

This traditional choucroute garnie is pictured on page 49. (See page 106 for sources for hard-to-find ingredients; see page 102 to find out how to make your own sauerkraut.)

- 6 juniper berries
- 3 whole cloves
- 3 cloves garlic
- 1 bay leaf
- Kosher salt, to taste
- 2 fresh ham hocks (about 2 1/2 lbs.)
- 1/2 cup rendered duck fat
- 2 onions, chopped
- 2 cups white wine, preferably dry riesling
- 2 1/2 lbs. Kasseler rippchen (sliced bone-in smoked pork loin chops)
- 1 12-oz. piece smoked slab bacon, sliced lengthwise into 3/4"-thick strips
- 1 12-oz. skinless piece salted pork belly, sliced lengthwise into 3/4" strips
- 4 1/2 lbs. raw sauerkraut, rinsed and drained
- Freshly ground black pepper, to taste
- 6 knackwurst
- 3 bauernwurst
- 3 bockwurst
- 10 small-medium waxy potatoes, such as Red Bliss, peeled and left whole
- Dijon mustard, for serving

① Heat oven to 350°. Put juniper berries, cloves, garlic, and bay leaf into a piece of cheesecloth and tie ends to form a spice bundle; set aside. Bring a 4-qt. saucepan of lightly salted water to a boil. Add ham hocks, cover, reduce heat to low, and simmer for 20 minutes. Transfer hocks to a plate, reserving cooking liquid. Meanwhile, heat duck fat in a 6-qt. Dutch oven over medium-high heat. Add onions and cook until soft, about 15 minutes. Add wine and 1 cup water; boil. Add spice bundle and ham hocks along with pork chops, bacon, and pork belly. Put sauerkraut on top of meat, season lightly with salt and pepper, and cover. Transfer to oven and bake until meat is tender and sauerkraut has softened slightly, about 1 1/2 hours.

② Meanwhile, return reserved cooking liquid to high heat; boil. Working in batches, boil sausages until tender, about 4 minutes per batch. Transfer to a plate and cover with foil. Add potatoes and boil until tender, about 15 minutes; transfer to a plate. To serve, pile sauerkraut in the center of a large platter. Arrange meat on top of sauerkraut and arrange potatoes along the outside. Serve with Dijon mustard.

and Kasseler rippchen, a type of smoked loin chop. Among the more lavish versions were soft quenelles of pork liver. In the city of Strasbourg, at a place called Maison Kammerzell, I learned of a kind garnished with no pork at all. Called choucroute au poisson, or fish choucroute, the dish was popularized by the restaurant's chef, Guy-Pierre Baumann, in the 1970s. Traditionally, choucroute au poisson was a dish made in riverside villages, but today restaurants throughout Alsace serve a version in which filets of flaky, white-fleshed fish such as pike perch are pan-fried or poached and served on a bed of choucroute and topped with a creamy riesling sauce. I've since tried the preparation at home using trout filets, with terrific results.

One of my last stops in Alsace was



Krautergersheim, a farming town that calls itself La Capitale de la Choucroute. Fields upon fields of pale green cabbages extended for miles across the surrounding hillsides, and there was an unmistakable whiff of brine in the air from Krautergersheim's half dozen or so artisanal choucrouteries, small factories where the cabbages are turned into sauerkraut. Near the center of town, I came upon the Auberge le Chou'Heim, a restaurant housed in an old, low-slung farmhouse with a menu posted outside promising five different versions of choucroute. At a table in the wood-paneled dining room, I chatted with the owner, Eric Ivens, over a platter of choucroute garnie made with a zingy-tasting seasonal sauerkraut that had been fermented for only two weeks or so, as opposed to the customary two months or more. It wasn't long, naturally, before he was talking about his grandmother. "In the restaurant we use her recipe," he told me, somewhat wistfully, "the same one she always made for our Sunday lunch." 

CHOUCRUTE AU POISSON

(Sauerkraut with Fish in Cream Sauce)

SERVES 2

Traditional recipes for this kind of choucroute (pictured at left) often call for filets of flaky pike perch; we found that trout works beautifully too. (See page 102 to find out how to make your own sauerkraut.)

- 3 tbsps. extra-virgin olive oil
- 1 1/4-lb. piece smoked bacon, cut into 1/2" cubes
- 4 shallots, finely chopped
- 1 tsp. finely chopped thyme leaves
- 1/2 tsp. cumin seeds
- 2 pods star anise
- 1 bay leaf
- 1/2 lb. raw sauerkraut, drained and rinsed
- 1 1/4 cups white wine, preferably dry riesling
- Kosher salt and freshly ground black pepper, to taste
- 2 6-8-oz. boneless skin-on trout filets
- 1/4 cup flour, sifted
- 4 tbsps. unsalted butter
- 1/2 cup heavy cream
- Chervil leaves, for garnish (optional)

① Heat 1 tbsp. oil in a 10" skillet over medium-high heat. Add bacon and cook, stirring occasionally, until browned and crisp, about 8 minutes. Pour off all but 1 tbsp. fat. Reduce heat to medium and add half the shallots along with the thyme, cumin, star anise, and bay leaf and cook, stirring occasionally, until shallots are soft, about 4 minutes. Stir in the sauerkraut, 1/2 cup wine, and 1/3 cup water and season with salt and pepper. Bring to a boil, cover skillet, reduce heat to low, and cook, stirring occasionally, until the sauerkraut softens and the flavors meld, about 25 minutes. Remove skillet from heat and set aside; discard bay leaf and star anise. Keep warm.

② Season trout filets with salt and pepper. Put flour on a plate and dredge trout in flour, shaking off excess. Heat remaining oil in a 12" nonstick skillet over medium-high heat until almost smoking. Add trout skin side down and cook, flipping once, until golden brown and cooked through, 4-6 minutes. Transfer trout to a plate and loosely cover with foil. Return skillet to medium-high heat and add 2 tbsp. butter and remaining shallots. Cook until shallots are soft, about 4 minutes. Remove skillet from heat, pour in remaining wine, and cook until wine is almost evaporated, about 4 minutes. Add heavy cream and cook, stirring occasionally, until sauce thickens, about 3 minutes. Season with salt and pepper, remove from heat, and stir in remaining butter. To serve, divide sauerkraut between 2 plates and top each with trout. Spoon sauce around fish and garnish with chervil.

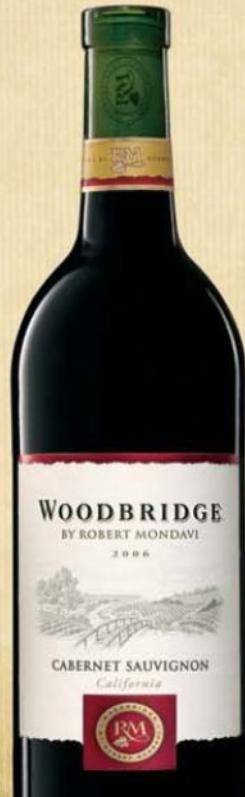


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GIVING THANKS

Join us on a trip across the country as we explore the myriad ways Americans celebrate the most delicious holiday of the year—and the spirit of giving and gratitude that connects us all.

YANKEE PRIDE

My friend Anna North Coit knows exactly what she wants for Thanksgiving dinner, and it's more or less the same holiday foods she's eaten for most of the 101 years she's been alive. There will be a turkey from the same Connecticut farm where her family has bought its holiday birds since 1922; there will be the creamed curried onions for which Anna is justly famous; and there will be the New England holy trinity of pies—apple, pumpkin, and mincemeat.

I'll be there too, cooking with her in her Connecticut home, as I have for the past ten years. I guess it's only natural that I'd embrace the rigorous observance of tradition at Anna's Thanksgiving dinners. As a food historian, I consider this day an all-important event, and I've obsessed over every detail of the holiday and its various rituals for as long as I can remember. I've read accounts of Thanksgivings on oceangoing ships, researched the invention of everything from cranberry sauce to stuffing, and, on several occasions, cooked the meal in an 18th-century-style fireplace hearth. In an age when novelty and experimentation are prized, I find something grounding about cooking with Anna. Her kitchen is a conduit to the past, and once we start rolling out pie crusts and tearing up day-old bread for stuffing, the floodgates of memory open up

and she shares stories that stretch back to her youth.

I met Anna nearly 30 ago, when she was serving on the board of the historical society in North Stonington, Connecticut, and my husband, Jamie, and I were caretakers of the society's house. We all became fast friends. I loved hearing about her childhood in Montclair, New Jersey, and how she was raised by a New England-born mother with firm notions about tradition. She regaled us with stories about her big-city career at *Time* magazine, where she was only the second female staff writer in the publication's history. "The men were astonished that a woman could write," she said. We bonded over food and our shared love of cooking. I never imagined that Anna, already in her 70s at the time, would be such an important part of our lives decades hence or that

I'd learn so much from her about the way Americans used to eat.

PEOPLE IN NEW ENGLAND have celebrated an autumnal day of thanksgiving since the late 1600s, and, over the course of the 18th century, the tradition took root wherever Yankees settled. The holiday was celebrated on different days in different places until a determined Boston-based writer named Sarah Josepha Hale, after trying for years, finally persuaded President Lincoln to declare it a national holiday in 1863.

The inspiration was a harvest celebration held in the Massachusetts Bay Colony, in 1621. The only meat mentioned by name in historical accounts of that feast is venison, though we know that wild fowl accompanied the meal as well, and that could have certainly meant turkey; the birds roamed in great numbers in New England's woods. Regardless, the turkey was nicely positioned to become the reigning symbol of the national holiday, as it was regarded by Americans as elegant fare for special occasions during the 19th century. Overall, the traditional Thanksgiving menu is Yankee New England all the way: seasonal native foods made to

Mincemeat pie, top, and apple pie (see page 70 for a recipe) at Coit's home in North Stonington, Connecticut. Previous page, a guest arrives for Thanksgiving dinner at Kathy Orozco's house in Lemont, Illinois (see page 67).

THE FIRST THANKSGIVING

In her book *Giving Thanks* (Clarkson Potter, 2005), the food historian Sandra L. Oliver (author of "Yankee Pride," above) points out an interesting fact about the much mythologized harvest feast held by English colonists and Wampanoag Indians in 1621 in Massachusetts. "To the English of Plymouth Plantation," she writes,



"what is now referred to as 'The First Thanksgiving' was neither a first nor a thanksgiving." In fact, she says, harvest celebrations like that one had long been an agrarian tradition in England; as for the notion of "thanksgiving," it held a purely religious meaning, denoting a holy day of prayer. What do we know about the 1621 feast? Precious little, except that many dishes that aren't typically served nowadays, like mussels and oysters, were likely on the menu. —Emma Boast





THANKSGIVING



reflect Victorian tastes, like cranberry jellies in elegant molds, meat and fruit pies, and, as the centerpiece, a great big roast turkey.

Anna always orders a small turkey from the Brown family, but they inevitably end up giving her a big one anyhow. This year's, a 23-pounder, requires us to add aluminum foil extensions onto her largest roasting pan to accommodate the bird's girth. Anna moves nimbly and deliberately in her colonial house's galley-style kitchen. She spoons bread stuffing into the turkey and trusses the fowl beautifully, tucking the wings under crisscrossed twine, tying the legs together, and skewering shut the

vent. Younger cooks do not understand trussing the way our forebears did. Women who used needle and thread daily to make and mend clothing thought nothing of sewing up stuffed poultry or fowl.

After I help Anna get the turkey into the oven, she tells me that her family had a cook named Bertha who used to stuff the bird the night before. "She'd leave a note to tell the family what to do the next day before she got there," Anna recalls. I mention to Anna that I've read that some cooks used to boil the turkey for the holiday meal and often served the meat alongside baked chicken pie. Anna says that she remembers such a pie



Above, from left, curried creamed onions (see page 70 for a recipe); Coit leaving her home in North Stonington, Connecticut, with relatives for Thanksgiving dinner at her cousin's house.

being served when she was young, though she can't remember the turkey ever not being roasted.

Anna makes her own cranberry sauce, and so does Elizabeth Haddad, a friend who brings hers each year in an antique, turtle-shaped porcelain mold. Anna's mashed potatoes and turnips are traditional fare; the sweet potatoes came later in the 19th century, when Southerners began to adopt Thanksgiving. As for Anna's famed curried creamed onions, well, that's a relatively modern touch: she

began flavoring the luscious pearl onions with curry powder three decades ago. "I just thought of doing it one day," she says.

Three years ago, Anna started letting me make the onions; maybe she got the sense that I finally understood the recipe, or maybe she realized it was time to start delegating. Before that, she'd made every dish for the meal herself. Delegating doesn't mean loosening the reins, though. One year I suggested garlic mashed potatoes. "No," she said curtly. Anna does not object to garlic in principle; just in potatoes and certainly not on Thanksgiving.

THANKSGIVING PASTIMES Cooking and eating may be the dominant activities for most Americans on Thanksgiving Day, but two other noble traditions have always vied for third place: football and parades. The ritual of playing and (in the case of most of us) watching football on Thanksgiving is almost as old as the holiday itself; the first intercollegiate Turkey Day game was played between Yale and Princeton, in 1876.



Professional leagues adopted the practice in 1920. As for parades, the one put on by Macy's in New York City may be the most famous, but the first was staged by the now defunct Gimbels in Philadelphia, in 1920. The Macy's parade came along four years later and featured, among other wonders, animals from the Central Park Zoo. The helium balloons, depicting characters like Snoopy and Popeye, came decades later. —Betsy Andrews

IT USED TO BE THAT we both cooked and ate at Anna's house; she'd pull out her blue-and-white Vassar commemorative dinner plates and set the table with linen and silver. This year, though, we pack up the meal and take it to her cousin's house, eight miles away. All

SIGNATURE DISH

I'm the kind of cook who's always looking for new twists on holiday foods, but there's one dish on my Thanksgiving table that I'm not allowed to mess with: my cranberry sauce. "You can do something in addition to it," my son Maciek told me in my kitchen in White Plains, New York, last year when he sensed that I might want to change the recipe, "but not instead of it." I started making this sauce soon after my husband, André, and I moved to the United States from Poland in 1981; that year, a friend invited us over for the holiday and I loved the tart sauce that he served with the meat. We don't use cranberries in Poland; if there's a fruit sauce with a roast, it's usually made with lingonberries. The next year, I made Thanksgiving dinner in my own kitchen, and I experimented with a bunch of different recipes to make my own sauce. I added brandy for depth and black peppercorns to warm up the tart flavor. The dish goes well with all the different kinds of turkey and sides I've served over the years. (That's me, at right, holding the cranberry sauce; there's a recipe for it on page 70.) Maciek, who usually finishes the sauce on leftover turkey sandwiches, got married recently. I gave my recipe to the newlyweds; I figured that if he makes my cranberry sauce next year, he might finally let me try something new. —*Anna Baranowski, a gemologist in White Plains, New York*



THANKSGIVING

the traditional details are in place, from the leafy celery stalks set out in heirloom glasses to my mince-meat pie (made with venison, of course). We begin dinner by saying grace and end it with a toast to the president of the United States.

I suppose our dinner might seem stodgy, a too-reverential homage to the past, but for me it's a reaffirmation of my New England heritage. To be truthful, we have made a few

concessions over the years. Anna has started making one apple pie without lard, in deference to her vegetarian friends. And she understands that some people like to augment the traditional apple, mincemeat, and pumpkin pies with other sweets, like chocolate-pecan pie, but she can't for the life of her imagine why. —*Sandra L. Oliver, author of Giving Thanks (Clarkson Potter, 2005)*

A GRAND FIESTA

I've been hosting a Thanksgiving meal for most of the 20 years I've lived in Oaxaca, Mexico, where I run a cooking school on my farm, Rancho Aurora. My students come from all over the world to learn about the culinary traditions of this part of Mexico, so I don't usually stick to traditional American Thanksgiving foods. Last year, all I asked was that guests bring dishes made with ingredients native to the New World. Sixty people

came to that dinner (20 of them are pictured at right), including some of the school's former students, family visiting from the States, and local friends I'd gotten to know over the years: weavers, painters, professors, photographers, mechanics, musicians, bakers, farmers, and more.

The food they brought, served alongside dishes I had prepared, made for an unforgettable menu. We had delicious Oaxacan spe-

cialties—like espesada de guías de calabaza, a creamy squash vine soup, which we cooked in a huge cauldron—as well as less traditional dishes, like my budín de tamala y pan, a Mexican take on a Cajun-style bread pudding, made with pumpkin and plump raisins poached in mezcal. Corn, which is native to Mexico, also played a role: there was corn pudding, corn bread, and the giant white corn tortillas called *tlayudas*.

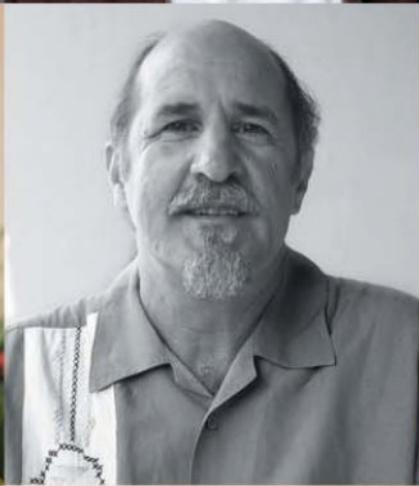
Many of the dishes I made were standard Thanksgiving sides accented with local ingredients and flavors. My mother always made creamed onions, for example, but never like this: I charred my onions on a grill and combined them with corn kernels and squash blossoms in a light béchamel. And I cooked sweet potatoes in a clay pot with brown piloncillo sugar, cinnamon, orange peel, chopped ginger, and slices of tangy guava. There were some interesting cross-over hits, most notably my aunt Renee's Jell-O mold, which originated in Philadelphia but is actually similar to a classic Mexican gelatina.

The centerpieces of the meal were the roast turkeys, four of them, that I'd seasoned beforehand with smoked pasilla chiles, orange juice, and honey. Oaxacans love turkey—in fact, wild turkeys were domesticated in Mexico as early as the 15th century and were crossed with American breeds after that—but they typically use the meat only for stews and slow-cooked dishes like the famous Oaxacan mole negro. Many of my Oaxacan friends had never seen a turkey cooked in this way, and they marveled at the succulent and flavorful meat. I have to admit, much as I relished the regional flavor of the meal, those roasted turkeys made the day. I noticed that someone had even managed to find a few cans of cranberry sauce to go with them. —*Susana Trilling, author of Seasons of My Heart (Ballantine Books, 1999)*

BRAND LOYALTY Ever since the advent of mass-produced foods, certain supermarket-brand foodstuffs have become strongly—some almost exclusively—associated with Thanksgiving. Take Libby's, makers of the preeminent brand of pumpkin pie filling, whose pie recipe printed on the label has become a favorite of many cooks; it sells a whopping 80% of its annual inventory in the weeks just before the holiday. The same

goes for French's fried onions (a staple of green bean casserole) and Ocean Spray cranberry sauce. Few companies, though, have earned better brand recognition than the North Carolina-based producer Butterball, LLC. Its turkeys were introduced in 1954 as a time-saving choice; their shape does away with the need for trussing. Twelve million of the vacuum-sealed fowl were sold last year during the Thanksgiving season alone. —*Katie Robbins*









Turkey rubbed with chiles and honey (see page 103 for a recipe), Oaxacan stuffing (see page 70 for a recipe), and all the trimmings, served at author Susana Trilling's home in Oaxaca, Mexico. Previous pages, some of the attendees at Trilling's Thanksgiving feast.



Sweet potatoes in syrup with guava
(see page 71 for a recipe).

A TRADITION IS BORN

We started grilling our Thanksgiving turkey the year our oven broke. It was 1994, and my husband, John, and I had recently bought our first home, in Arlington, Virginia. We had a four-year-old son and a baby girl, so when the old KitchenAid oven-dishwasher combo died that summer, we were upset but decided it gave us a good excuse to give the kitchen a face-lift. By Thanksgiving Day, however, we hadn't bought a new range, so we pulled out our kettle grill, lit a stack of coals, and decided to try grilling the bird. We seasoned a big turkey with salt and pepper, put it into a roasting pan, and placed it on the grate, not quite sure what would happen. While I shuffled the sweet potatoes and the stuffing and all the other side dishes in and out of the toaster oven and the microwave, John tended to the bird, basting it and replenishing the coals every hour or two until the meat thermometer told us the turkey was done. The meal was perfect; it taught us just how much we could accomplish in a bare-bones kitchen—a good thing, since we ended up doing without a real oven for the next three years. The kitchen of the house we live in now, in San Rafael, California, has a built-in convection oven with a fancy rotisserie feature, but we still cook our Thanksgiving turkey (pictured, with my friend Justin Sullivan; see page 71 for a recipe) in the great outdoors. —Barbara Ries, a photographer in San Rafael, California

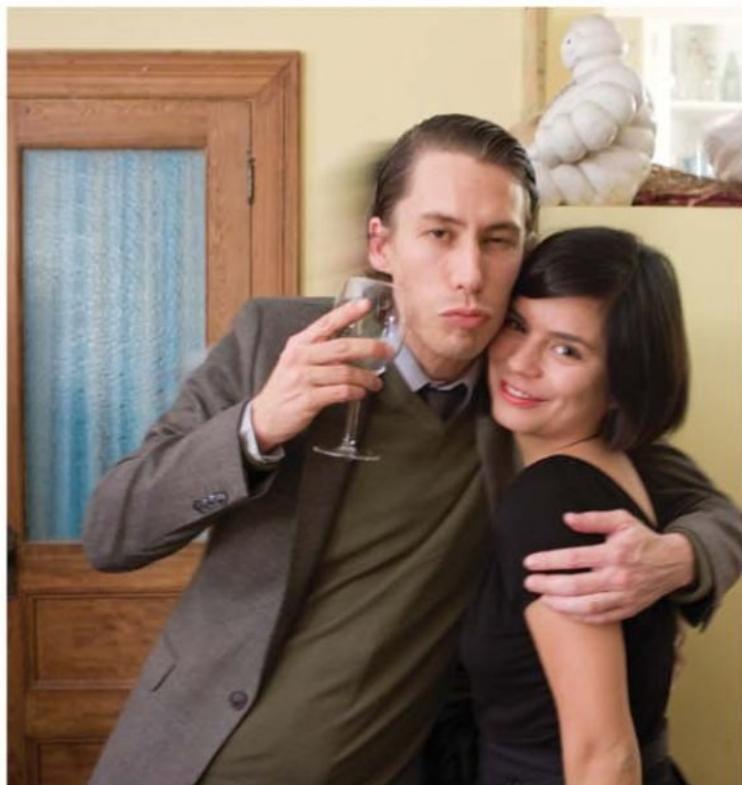






TURKEY TRANSLATED

I grew up in an area outside of Paris that's known for two things: Euro Disney and a creamy cheese called Coulommiers. Food was a huge part of my family's life (amusement park rides not so much): my grandfather managed restaurants, my father trained as a chef, and my mother was the kind of woman who thought nothing of spending three days preparing a single meal. § When I moved to the United States as an exchange student at the age of 16, I was homesick for the long, leisurely meals I



The author's friends Torsten Meissner and Janina Alivio in Brooklyn, New York. Left, herbed roast turkey (see page 72 for a recipe).

grew up with. Then came Thanksgiving, and suddenly, for one holiday weekend, everything about the way my host family ate changed. There was all this planning and shopping and cooking, flower arranging and table setting, all of it leading up to the kind of wonderful meal I wished would

never end. It seemed to me that this holiday was the one day of the year when Americans allowed themselves just to sit around the table to feast, drink, and enjoy one another's company—in short, to eat like the French.

After that, I became somewhat of a Thanksgiving fanatic. During

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the seven years I spent in the States as a college student, I was always angling for invitations to American friends' homes for the holiday, and I'd always come early, to help with the cooking. I learned how to prepare all the classic dishes, from the marshmallow-topped sweet potatoes to corn bread stuffing.

My landlord and friend, an energetic woman named Vivian Groom, took me under her wing and shared with me her love of baking; she showed me how to

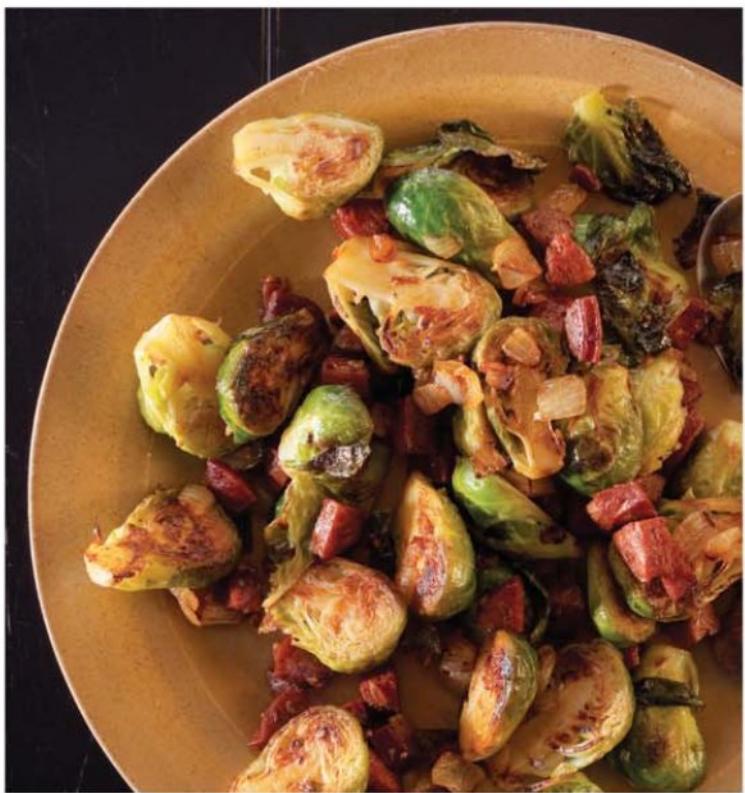
make the most delicious from-scratch pecan, pumpkin, and banana cream pies. Thanksgiving at her house was joyous; she was always laughing and joking in the kitchen, and she made me and all her friends and neighbors and others who didn't have a place to go on that special day feel welcome.

After college, I ended up staying in the States, and over the years I've become friends with other people like me: Thanksgiving lovers from around the world who

WINGED ICON Benjamin Franklin expressed disappointment that the bald eagle had been chosen as the national mascot of our fledgling nation, telling his daughter that a wild turkey would have been a better choice. He didn't get his way, but turkey has certainly become a more vital part of American life than the bald eagle has. Even in Franklin's time, recipes for roasting, boiling, pickling, and stewing turkey were being published in cookbooks, and by the late 19th century, when Victorian customs called for a big roast for celebratory meals, the turkey was a favored choice. After Thanksgiving officially



became a national holiday, in 1863, the turkey took on an ever larger role in our cultural consciousness as a symbol of home and hearth, tradition and bounty. Those themes play into Norman Rockwell's iconic 1943 painting *Freedom from Want*, which depicts a formidable-looking turkey being brought to the family table. It is that same sentiment that all U.S. presidents since Harry Truman have sought to tap into by posing with a live turkey every Thanksgiving. Turkey is, in essence, the most native of American foods. Little wonder that a meal packet sent to the moon with the Apollo 11 astronauts in 1969 contained roast turkey and gravy. At least, that's what the label said. —Betsy Andrews



Above, from left: the author's friend James Lane with his son in Brooklyn, New York. Brussels sprouts with chorizo (see page 72 for a recipe).

didn't grow up with stories about the Pilgrims and the Indians but deeply appreciate the significance of the meal nonetheless. Last year, I celebrated at a French friend's home in Brooklyn, New York, with an all-ages group of about 25 people from places as far-flung as Germany and Australia and various cities across the States. In the middle of the apartment's living room, we seated ourselves on fold-

ing chairs at a long table made up of small tables cobbled together. Guests shared their stories, and the strands of everyone's histories crossed paths over the course of the long dinner. The food spoke of those histories as well: there was Jamaican-style oxtail stew and a classic French tarte Tatin (one of my contributions), plus German-style red cabbage and Brussels sprouts flavored with spicy chorizo.

Watching my friend Noelle in a 50s-style dress, looking every bit the American hostess, I had to chuckle as she brought a perfect turkey out of her vintage white enamel stove and carried it to the table as everyone cheered. All night long, the wine, guitar playing, singing, and conversation flowed. The meal united us and, in a very satisfying way, made me feel thankful to be a citizen of the world and to feel so at home away from home. —*Virginie Blachère, a photographer in New York City*

HEARTLAND FEAST

For me, Thanksgiving isn't about the turkey, and that's saying something if you're from Chicago, a meat-loving city if ever there was one. Personally, I'm all about the side dishes, and not just because I'm a vegetarian. At Thanksgiving meals at my sister-in-law's home in Lemont, Illinois (that's her dog, Casey, at right, begging for a bite from my father-in-law, John Super), there is my mom's herb-flecked stuffing, a portion of which she cooks outside the bird specially for me. We always have two cranberry sauces, both a chunky homemade version and the jiggly kind straight out of the can, which everyone claims is for my nephews, though we all love it. Everyone brings a vegetable cooked a different way: my parents' cinnamon-spiked pumpkin pie, my brother-in-law's garlicky green beans. And then there's the gorgeous apple strudel that my Croatian mother-in-law makes only for this occasion. Every year the menu changes, depending on what my dad and my father-in-law have raised in the garden plot they share at the local American Legion Post and what vegetables and fruits my family has canned and pickled over the summer. Last year, we'd bought a carful of pears on a trip up to Michigan, so I made pear sauce instead of applesauce; the year before that it was pickled beets. Everyone goes on and on about the turkey, but I don't mind. I just help myself to another piece of butternut squash tart. —Beth Rooney, a photographer based in Chicago, Illinois



COOKING FOR A CROWD

As a master coordinator, I've always taken pride in my skills whenever I've been in charge of Thanksgiving dinner. There is something rewarding about successfully executing such a big, multicourse meal. After all that planning and cooking, I love being able to turn to family and friends and triumphantly announce, "Dinner is served." Well, my inflated sense of worth shrank a bit last year, when I attended the annual Thanksgiving dinner organized near my home in Orlando, Florida, by volunteers

from the Salvation Army. The group pulled off a holiday feast for more than 21,000 people, and it was an amazing sight. From 10:30 in the morning until four in the afternoon, a nonstop stream of guests—families with grown children, mothers with babies, senior citizens, and every type of person in between—poured into the local Salvation Army's gymnasium, lined up at the buffet tables, and sat down at communal tables decorated with fresh flowers to a meal of roasted turkey with stuffing and gravy, baked ham, green beans, sweet potatoes, and various pies. Their hosts were a team of 40 students, moms, dads, grandparents, and a few professional cooks, most of whom had been strangers to one another before that day.

I was humbled as I watched them come together as a well-organized kitchen staff, moving in unison to transform some 22,000 pounds of food into dinner. Turkey breasts, donated by Eric Holm, an owner of 20 Golden Corral restaurants, had been cooking all morning in ovens that were shipped in from a local restaurant supply company. Industrial mixers rendered boiled

potatoes into buttery mashes, and gravy was thickened in big soup pots and poured into large sheet pans for serving. "It's amazing what you can do with this many volunteers," said Holm, who has managed the meal for 17 years and grew up receiving donated food baskets from the Salvation Army each Thanksgiving. Holm advised one crew to slice pumpkin and apple pies into neat pieces; another rolled silverware with paper napkins. Diners and servers chatted and laughed. Introductions were made. Glasses were raised.

There are hundreds of Thanksgiving meals that are orchestrated by volunteers around the country. In Chicago, I've heard about mobile kitchens that bring hot Thanksgiving dinners from neighborhood to neighborhood. And at the New York Rescue Mission in Manhattan, tables are set with china and linen, and musicians and gospel singers perform for the crowd. But nothing could have prepared me for what I experienced in Orlando. Suffice it to say that next year there will be a little less swagger in my declaration "Dinner is served." —Larry Nighswander

Two volunteers help hand out apples at the Salvation Army's Thanksgiving feast in Orlando, Florida, last year.





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APPLE PIE

SERVES 8

This double-crust pie (see "Yankee Pride," page 54) has an intriguing tart-sweet flavor thanks to a splash of apple cider vinegar.

FOR THE PIE CRUST:

- 2½ cups flour, sifted
- 2 tbsp. sugar, plus more for sprinkling
- 1 tsp. kosher salt
- 18 tbsp. chilled unsalted butter, cut into small pieces
- 1 egg, lightly beaten

FOR THE FILLING:

- 6 apples, preferably a mixture of Granny Smith and Golden Delicious, peeled, cored, quartered, and cut into ½" slices
- ¾ cup sugar
- 3 tbsp. flour
- 2 tbsp. apple cider vinegar
- 1 tsp. ground cinnamon
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground nutmeg

1 Make the crust: Put flour, sugar, and salt into the bowl of a food processor and pulse to combine. Working in 4 batches, add butter and pulse until the flour resembles coarse meal flecked with pea-size pieces of butter. Continue to pulse, sprinkling in a total of 6–8 tbsp. of ice water between pulses, until the dough begins to hold together. Transfer dough to a lightly floured surface, divide in half, and form 2 dough balls. Flatten each dough ball slightly to make a disk. Wrap disks in plastic wrap and refrigerate for 1 hour.

2 Heat oven to 425°. Roll out each disk of dough on a lightly floured surface into 12" rounds. Fit 1 round of

dough into a 9" pie plate; set second round of dough aside.

3 Make the filling: In a large bowl, combine apples, sugar, flour, vinegar, cinnamon, salt, and nutmeg. Transfer filling to the pie plate and use a spoon to distribute evenly. Brush edges of pastry with some of the egg and top with remaining pastry round. Trim edges with a knife and crimp with your fingers. Brush top of pastry with remaining egg and sprinkle with a little sugar. Using a knife, make 4 slits in pastry top and poke with tines of a fork. Transfer pie to oven and bake for 20 minutes. Reduce heat to 350° and continue baking until crust is golden brown and a knife inserted into one of the slits slides easily through apples, about 40 minutes more. Transfer to a rack and let cool for 2 hours before serving.



CURRIED CREAMED ONIONS

SERVES 4–6

This spice-laden riff on classic creamed onions is based on a recipe by Anna North Coit (see "Yankee Pride," page 54), a home cook in North Stonington, Connecticut.

- Kosher salt, to taste
- 2 lbs. white pearl onions, un-peeled
- 2 tbsp. unsalted butter
- 3 tbsp. flour
- 1 tsp. curry powder
- 1 cup half-and-half
- 2 tsp. Dijon mustard
- ½ tsp. Tabasco
- Freshly ground black pepper, to taste

1 Bring a 6-qt. pot of salted water to a boil. Add onions and cook until just tender, about 15 minutes. Using a slotted spoon, transfer onions to

bowl. Reserve ¾ cup cooking liquid. Using a paring knife, peel onions and set aside.

2 Meanwhile, melt butter in a 2-qt. saucepan over medium heat. Add flour and curry powder and cook, stirring frequently, until golden and thick, about 1 minute. Slowly whisk in the half-and-half, the reserved cooking liquid, and mustard and bring to a simmer. Reduce heat to medium-low and cook, stirring occasionally, until sauce has thickened, about 5 minutes. Add onions and season with Tabasco and salt and pepper. Cook, stirring occasionally, until the onions soften a little and the flavors meld, about 10 more minutes. Transfer onions to a platter or a bowl with a slotted spoon and pour some of the cream sauce over them.

bundle to cranberry mixture. Cook, stirring often, until cranberries soften and mixture thickens, 25–30 minutes. Transfer mixture to a medium bowl and refrigerate for at least 1 hour to let the flavors meld. Discard spice bundle and stir sauce before serving.



RELLENO DE PAN

(Oaxacan Stuffing)

SERVES 12–16

Cooking instructor Susana Trilling's stuffing (see "A Grand Fiesta," page 58) gets its sweet-spicy flavor from chiles, fennel, and cumin.

- 1 12-oz. piece whole wheat bread, cut into ½" cubes (about 7 cups)
- 14 tbsp. unsalted butter
- 2 large white onions, chopped
- 2 ribs celery, chopped
- 1 bulb fennel, cored and chopped
- 4 apples, cored and chopped
- 4 cloves garlic, finely chopped
- 2 poblano chiles, roasted, peeled, stemmed, seeded, and chopped
- 6 oz. pitted prunes (about 26), halved
- ¾ tsp. ground cumin
- ¾ tsp. freshly ground black pepper, plus more to taste
- ½ cup finely chopped flat-leaf parsley leaves
- 2 tbsp. finely chopped chives
- 1 tbsp. orange zest
- Kosher salt, to taste
- 3 eggs, lightly beaten



CRANBERRY SAUCE

SERVES 6

This spiced version of the classic condiment comes from Anna Baranowski (see "Signature Dish," page 57) of White Plains, New York.

- 1 14-oz. package fresh or thawed frozen cranberries
- 1½ cup packed light brown sugar
- ½ cup fresh orange juice
- ½ cup Grand Marnier or Cointreau
- 8 whole black peppercorns
- 6 whole allspice berries
- 5 whole cloves
- 1 2" stick cinnamon, broken in half

Heat the cranberries, sugar, orange juice, and Grand Marnier in a 2-qt. saucepan over medium heat. Place the peppercorns, allspice, cloves, and cinnamon in a piece of cheesecloth and tie ends with kitchen twine; add spice

Heat oven to 400°. Spread the bread cubes on a large baking sheet and bake until slightly toasted and dry, about 15 minutes; transfer to a large bowl and set aside. Melt the butter in an 8-qt. Dutch oven over medium-high

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heat. Add the onions, celery, and fennel and cook until soft, 15–20 minutes. Add apples, garlic, and poblano chiles and cook until apples are tender, about 10 minutes. Add the prunes, cumin, pepper, parsley, chives, orange zest, and salt and cook, stirring occasionally, until hot, about 2 minutes. Transfer mixture to the bowl with the bread cubes; gently stir until combined. Let cool for 10 minutes. Stir in the eggs and season with salt and pepper. Transfer stuffing to a 2-qt. oval baking dish and bake until browned and bubbly, about 1 hour and 15 minutes. Let cool for 10 minutes before serving.



BUDIN DE TAMALA Y PAN

(Squash Bread Pudding with Rum Sauce)

SERVES 8-10

Susana Trilling uses tamala, a pumpkin-like Oaxacan squash, in her bread pudding, but butternut squash makes for a fine substitution (see "A Grand Fiesta," page 58).

FOR THE BREAD PUDDING:

- 10 tbsps. unsalted butter, melted, plus more for greasing
- ¾ cup raisins
- 4 cups milk
- 1½ cups sugar
- 2 tbsps. Grand Marnier or Cointreau
- 2 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- ¼ tsp. kosher salt
- 4 eggs, lightly beaten
- 1 medium butternut squash (1 lb. 10 oz.), peeled and cut into ½" cubes (about 4 cups)
- 1 6-oz. piece stale white country bread, cut into 1" cubes (about 6 cups)

FOR THE SAUCE:

- 8 oz. piloncillo, roughly chopped, or 1½ cups packed brown sugar (see page 106)
- 8 tbsps. unsalted butter
- ½ cup heavy cream
- ¼ cup rum
- ¼ tsp. kosher salt
- Whipped cream, for serving

① Make the bread pudding: Heat oven to 350°. Grease a 9" x 13" glass or ceramic baking dish with a little butter and set aside. Place the raisins in a small bowl and cover with boiling water; let sit for 10 minutes.

② Meanwhile, whisk together the melted butter, milk, sugar, Grand Marnier, vanilla, cinnamon, nutmeg, salt, and eggs in a large bowl until smooth. Drain the raisins and stir into the custard mixture along with the squash and bread and let sit for 10 minutes. Pour mixture into prepared baking dish and cover with aluminum foil. Bake for 50 minutes, uncover, and continue baking until bread pudding is golden brown, about 1 more hour.

③ Make the sauce: Heat the piloncillo, butter, heavy cream, rum, and salt in a 2-qt. saucepan over medium-high heat and cook until piloncillo dissolves and sauce thickens slightly, about 5 minutes; set aside and keep warm. To serve, spoon bread pudding into serving bowls, drizzle with sauce, and top with a dollop of whipped cream.



CAMOTES EN DULCE CON GUAYABA

(Sweet Potatoes in Syrup with Guava)

SERVES 6

This sweet and citrusy dish can be served as a side or as a dessert (see "A Grand Fiesta," page 58).

- 1 lb. piloncillo sugar, roughly chopped, or 3 cups packed brown sugar (see page 106)
- 1 cup fresh orange juice
- 2 lbs. sweet potatoes, peeled and cut into 1½" chunks
- 1 3" stick cinnamon, preferably Mexican canela (see page 106)

- 1 1" piece ginger, peeled and finely chopped
- Peel of 1 orange, white pith removed, roughly chopped
- 4 oz. sugarcane, fresh or canned, cut into 2" lengths (optional)
- 1 20-oz. can guava wedges in syrup, drained

Heat the piloncillo, orange juice, and ½ cup water in a 6-qt. saucepan over medium-high heat, stirring often, until dissolved, 10 minutes. Add the sweet potatoes, cinnamon, ginger, and orange peel; reduce heat to medium-low, cover, and cook, stirring occasionally, for 30 minutes. Remove lid from saucepan, add the sugarcane and guava, and cook until the sweet potatoes are tender and the liquid is reduced to a syrupy consistency, 30 minutes. Serve warm.



GRILLED TURKEY

SERVES 12

This recipe for grilling a whole turkey—a method that yields a smoky flavor and crisp skin while freeing up oven space for side dishes—comes from Barbara Ries (see "A Tradition Is Born," page 63) of San Rafael, California. Grilling works the best with a bird that's been soaked in a brine solution overnight.

FOR THE BRINE:

- 1 cup kosher salt
- 1 lemon, halved
- 1 orange, halved

- 1 onion, cut into wedges
- 3 cloves garlic, chopped
- 4 bay leaves
- 1 tbsp. dried thyme
- 1 tbsp. ground black pepper
- 1 12-lb. turkey

FOR THE RUB:

- 10 cloves garlic, finely chopped
- 2 cups flat-leaf parsley, finely chopped
- 2 tsp. chili powder
- ½ tsp. cayenne pepper
- ¼ tsp. ground black pepper
- 2 oranges, zested and cut into wedges
- 8 tbsps. unsalted butter
- 1 large onion, roughly chopped
- 1 carrot, roughly chopped

① Brine the turkey: Combine salt, lemon, orange, onions, garlic, bay leaves, thyme, and black pepper in a 12-qt. pot. Add 1½ gallons cold water and stir. Squeeze lemons and oranges into the brine and add the squeezed halves. Submerge turkey in brine. (Weight the turkey down with dinner plates if necessary.) Cover pot with plastic wrap and refrigerate overnight. Remove turkey from brine, pat dry with paper towels, and let come to room temperature.

W More Thanksgiving recipes and the chance to win a roasting pan at SAVEUR.COM/ISSUE124; see page 106 for details

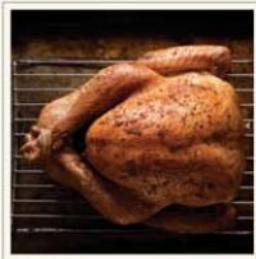
② Make the rub: Combine garlic, parsley, chili powder, cayenne, black pepper, and orange zest in a large bowl. Using a fork or your hands, work butter into ingredients to form a paste. Rub turkey with the paste. Put orange wedges, onions, carrots, and 3 cups water into disposable roasting pan fitted with a rack and set turkey on top.

③ Build a medium-size charcoal fire in a kettle grill, arranging the coals so that they cover only one half of the bottom grate of the grill. (For a smokier flavor, add soaked wood chips to the coals.) Place cover on grill and open the top and bottom vents of the grill. Let the coals burn until an instant-read

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thermometer inserted into the top vent of the grill registers 500°. Transfer roasting pan to the top grate of the grill on the side of grate opposite the coals. Cover grill. (The temperature will drop to about 350°.) After 30 minutes, cover breast with aluminum foil. Cook turkey, adding water to the roasting pan as necessary and replenishing the coals every hour or so to maintain a temperature of roughly 350°. Continue cooking until an instant-read thermometer inserted into the turkey's thigh, without touching the bone, registers 165°, about 3 hours for a 12-lb. turkey. Transfer turkey to a cutting board, tent with foil, and let sit for 30 minutes before carving.

Pairing Note This smoky bird pairs well with the 2001 Bodegas Bretón Criadores Rioja Reserva "Loriñón" (\$18), with its roasted coffee tones and smooth fruit. —David Rosengarten



HERBED ROAST TURKEY

SERVES 12

Brushing a simple herb butter over the turkey before and during cooking is a

straightforward, time-honored way of achieving great flavor and crisp skin (see "Turkey Translated," page 65).

- 1 12-lb. turkey
- Kosher salt and freshly ground black pepper, to taste
- 12 tbsp. unsalted butter
- 2 tbsp. finely chopped sage
- 2 tbsp. finely chopped thyme
- 2 tsp. paprika
- 2 tsp. packed light brown sugar
- 1 medium carrot, chopped
- 1 medium onion, chopped
- 1 rib celery, chopped
- 1 lemon, quartered

① Heat oven to 500°. Rinse turkey and pat dry with paper towels. Season turkey inside and out with salt and pepper and let come to room temperature. Meanwhile, in a 1-qt. saucepan over medium heat, melt the butter and add the sage, thyme, paprika, and sugar; set herb butter aside.

② Transfer turkey to a rack set inside a roasting pan and stuff turkey with carrots, onions, celery, and lemons. Tuck wings behind turkey and tie legs together with kitchen twine. Brush turkey all over with herb butter, reserving some for basting. Pour 2 cups water into roasting pan and roast turkey, brushing once with more of the herb butter, for 30 minutes. Reduce heat to 350° and continue roasting, brush-

ing occasionally with herb butter, until an instant-read thermometer inserted into a thigh, without touching the bone, reads 165°, 2 1/2–3 hours. Transfer turkey to a cutting board, loosely cover with foil, and let sit for 30 minutes before carving.

Pairing Note The mixed herbs in this dish call for a sauvignon blanc, one with enough richness to stand up to the butter and brown sugar. New Zealand's 2008 Craggy Range "Te Mana Road Vineyard" (\$18) from Martinborough fills the bill. —D.R.



BRUSSELS SPROUTS WITH CHORIZO

SERVES 4

Chorizo is a natural partner for Brussels sprouts; its spiciness complements the vegetable's earthy flavor. This recipe was adapted from one given to us by Virginie Blachère (see "Turkey Translated," page 65), of Brooklyn, New York.

Kosher salt, to taste

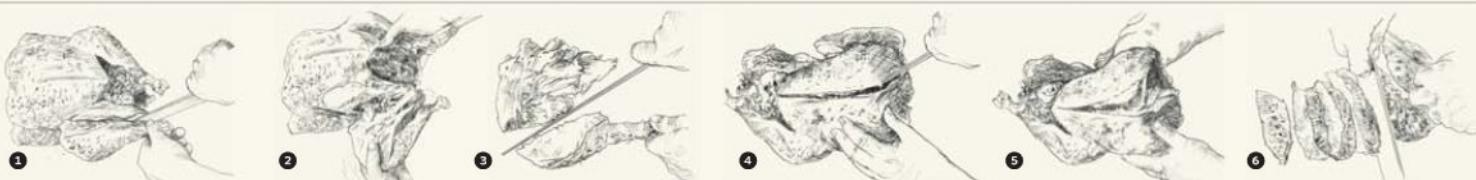
- 1 lb. Brussels sprouts, trimmed

- and halved lengthwise
- 2 tbsp. extra-virgin olive oil
- 6 oz. cured Spanish chorizo, quartered lengthwise and cut crosswise into 1/4" slices
- 1/2 small yellow onion, roughly chopped
- 2 cloves garlic, finely chopped
- Freshly ground black pepper, to taste

① Heat a 6-qt. pot of salted water to a boil. Add the Brussels sprouts and cook until just tender, 6 minutes. Using a slotted spoon, transfer Brussels sprouts to a bowl of ice water; let sit for 5 minutes. Drain Brussels sprouts and pat dry with paper towels; set aside.

② Heat 1 tbsp. of the oil in a 12" cast-iron skillet over medium-high heat. Add the chorizo and cook, stirring occasionally, until browned, about 5 minutes. Add the onions and cook, stirring occasionally, until golden brown and soft, about 8 minutes. Add the garlic and cook until soft, about 2 more minutes. Transfer chorizo mixture to a bowl. Increase heat to high and add the remaining oil and the reserved Brussels sprouts; cook, flipping once or twice, until the Brussels sprouts are browned and tender, about 8 minutes. Stir in the reserved chorizo mixture and season with salt and pepper.

CARVING THE BIRD



There are two schools of thought about carving a turkey. Some people opt for doing it tableside, which demands a particular flourish (see SAVEUR.COM/GALLERY/CARVING-A-TURKEY for instructions), but we prefer to break the turkey down into its constituent parts in the kitchen, making it easier to slice. —Hunter Lewis

① Separate the whole leg from the body by slicing along the seam of the breast and thigh until you reach the joint. ② Gripping the whole leg firmly with

your hand, pull it back until the thigh bone pops away from the joint; cut through at the joint to release the thigh and leg. ③ Separate the drumstick from the thigh: use your fingers to find the joint between the thigh and the leg and cut through the joint with the knife. Carve the thigh by slicing parallel to the bone. Carve the drumstick by holding it upright and slicing perpendicular to the bone. ④ Separate a breast half: Use your fingers to locate the central breastbone. Slice along the breastbone toward the neck

cavity until the blade of the knife comes alongside the wishbone. Cut down along the wishbone to separate the breast from the wing joint. ⑤ Grip the breast and gently pull it toward the tail of the turkey to separate the breast from the carcass. ⑥ Lay the breast half on the cutting board and slice it crosswise at an angle. Repeat above steps with remaining leg and breast half. Arrange sliced white and dark meat on a platter, placing the smaller, unevenly shaped pieces underneath the larger slices.

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THE ART OF KIMCHI

KOREA'S MOST BELOVED FOOD PACKS REFRESHING
HEAT AND HEARTY FLAVORS

BY MEI CHIN



KIMCHI

THE DISTINCTIVE TASTE OF KIMCHI is familiar to anyone who has tried Korean food: the crunchy and cool cabbage leaves or chunks of daikon; the chile paste that burns the tongue; the pungent aroma, redolent of garlic and ginger and touched with a hint of the sea. In Korea, that spicy, earthy-tasting dish of fermented vegetables is on the table for breakfast, lunch, and dinner and every-

thing in between. I cannot think of a single food from any other country that is half as important to a nation's culinary traditions as kimchi is to Korea's. I have been to French restaurants where there has been no bread basket; I have been to Chinese restaurants where you have to ask for rice; I have eaten Italian dinners that didn't include pasta. But it would be unheard of to sit down to a meal in a Korean home or restaurant and not be served kimchi.

November in Korea is the season for making paechu kimchi, or cabbage kimchi, arguably the most popular kind: the glossy, dark red tangle of brined cabbage leaves that have been rubbed with a paste of ground chiles, garlic, minuscule salted shrimp (*saeu chot*), anchovy sauce (*aej jeot*), ginger, and scallions and aged in jars for days, weeks, months, or even years. The November cabbage harvest in North Korea and South Korea and the making of kimchi that follows is a yearly observance called *kimjang*. In these chilly days just before winter, the last of the season's bounty is preserved for use throughout the year. In alleyways, on busy boulevards, and along the sides of bridges in Korean cities, vendors hawk ten-foot-high piles of cabbages and giant bundles of scallions. Elderly ladies armed with shopping bags prod the produce, looking for the best specimens. They bargain for jugs of salted shrimp and bags of the dried chile powder (*gochu garu*) that

will infuse their kimchis with its fiery essence as they age.

That period of aging is when these ingredients become kimchi: they are both salted or brined and then fermented, the vegetables' sugars converting into lactic and acetic acids and carbon dioxide. The longer the kimchi ferments, the stronger its aroma and flavor; *stinky* is a word we English-speaking kimchi lovers use for the most intense versions, and we say it with the same affection a cheese aficionado feels for a ripe Taleggio. If you can eat it and love it, you are part of the tribe.

Kimjang is a big deal in Korea, but paechu kimchi is just one of literally hundreds of kinds that can be made throughout the year. Other popular versions include those made with daikon, cucumber, oysters, and more. I have tasted subtly flavored kimchis made from mushrooms or burdock root, light and crunchy ones made with soybean sprouts, meaty ones made with tender chunks of pumpkin, and luxurious ones made with young octopus. Kimchi can be mild, like *tongchimi*, or water kimchi, a combination of ingredients like cabbage, Asian pear, pine nuts, whole chiles, and pomegranate seeds floating in a tangy brine. It can also be eaten before it is allowed to ferment, as with *geotjeoli*, or "salad," kimchi, which consists of raw leaves of cabbage dressed with kimchi fixings, a kind of coleslaw that heats the belly as it cools the throat. In all of these forms, kimchi is curiously refreshing, not just because of its heat, which shoots straight to the brain, but also because it effervesces on the tongue. Kimchi serves the same purpose in a Korean meal

that palate cleansers serve in a Western one: when you are tired of eating, you take a bite of it, your eyes and mouth water, and you have the energy to begin eating again.

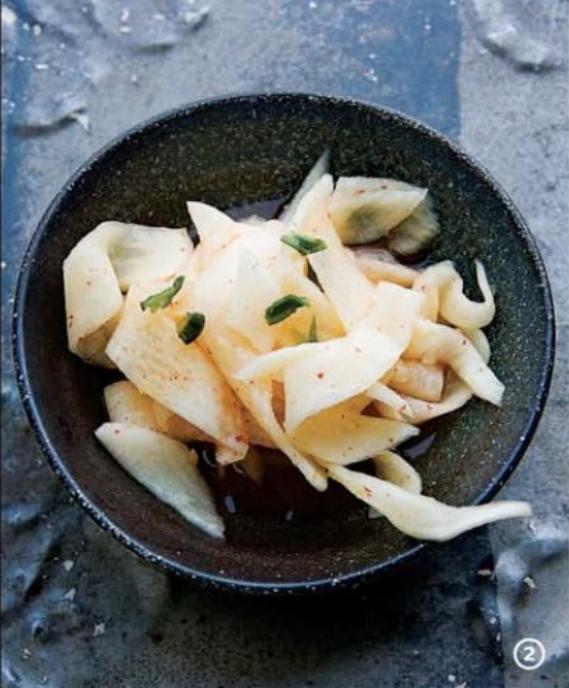
In South Korea, kimchi is practically a national obsession. There is a kimchi research institute, a kimchi museum, and government-sponsored kimchi festivals. Korean scientists have fed kimchi to mice and shot it into space with Korean astronauts. Cookbook writers, scientists, and housewives in Korea tout the beneficial effects of kimchi's lactic acids and fiber upon the digestive tract. In addition to being rich in vitamins B and C, kimchi has, according to more than one study I've read, even shown promise in preventing cancer. It is, apparently, a superfood.

When I first tried kimchi, I made the mistake of eating it like a condiment, in the same bite as a piece of barbecued meat, say, or a spoonful of egg custard, thinking that its hot flavors are meant to offset soft ones. My Korean-American friends soon corrected me, explaining that kimchi is most often treated like a small side salad—often as part of an array of side dishes, known collectively as *panchan*, served at Korean meals. It is also frequently used as an ingredient in other dishes. When I was in Seoul on a recent visit, I found kimchi stirred into homey stews, grilled with succulent meats on a skewer, wrapped into nori rolls, steamed with fish, and folded into pancakes. I ate it in *kimchi jigae*, a rich, hearty stew of pork belly, mushrooms, and tofu that is thick with pungent, long-aged kimchi. At a restaurant called *Hwa Jeon Min*, I had *bossam*, a popular meal of pork belly, raw oysters, and radish kimchi. At the night market in the Dongdaemun district, a grumpy man with a small food cart served me scrumptious dump-

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Cabbage kimchi, the most common and popular type of kimchi, facing page. Previous pages, radish kimchi (left) and kimchi pancakes (right). (See pages 82 and 83 for recipes.)





KIMCHI

lings filled with kimchi. And in the basement of a shopping mall, I came across a dish called budea jigae, a bubbling concoction of hot dogs, Spam, packaged ramen noodles, and cabbage kimchi. Invented during the Korean War, it is popular among hungover college students and, despite its odd combination of ingredients, very satisfying.

KIMCHI GREW OUT of a tradition of salted, preserved vegetables, known as *ji*, that originated in northern China, and it has been eaten in Korea since the 13th century. But the capsicums, or hot peppers, that give most of today's kimchi its color and kick were not introduced to the Korean peninsula until the 16th century. Like all salted, smoked, or cured food, kimchi was made to ensure that the year's harvest did not go to waste and that there was plenty to eat in winter. And though the food is now prepared for its own sake rather than as a means of survival, the custom of making kimchi that is observed in home kitchens across the Koreas anchors cooks in these age-old rituals of harvesting and preservation.

The observance of kimjang every November entails hard work. I had no idea how time-consuming the ritual can be until last fall, when I traveled to Seoul with an old friend, Jeong-eun Park. At the home of her mother, Yeong-ae Kim, kimjang lasted for several days. On the first morning, Yeong-ae, a petite, immaculately dressed woman of 60, woke up early, drove from her apartment in Seoul's Songpa-gu district to her family garden plot two hours outside of Seoul, and harvested cabbages through the early afternoon. On her way home, she stopped by a supermarket to buy her condiments—four bags full. Because the two dozen cabbages, each of them weighing more than five pounds, would not fit inside her three-bedroom flat, which she shares with

two of her grown daughters, she stacked the vegetables in the foyer outside her front door. When she was ready to get started, she transferred some of the cabbages to the apartment's tiny entryway, where she had prepared wash-tubs filled with water and salt.

First, Yeong-ae split the cabbages in half by bringing the blade of a sharp knife down through each head. Next, in an impressive feat of strength, she wrenched them into quarters with her bare hands and then placed the quartered cabbages in the tubs to soak them overnight. Later, during the night, she would wake up four times to turn the cabbages over.

The next day, Yeong-ae showed no signs of the restless night she must have had. After

KIMCHI IS ON THE TABLE FOR BREAKFAST, LUNCH, dinner, and everything in between. I cannot think of a single food from any other country that is half as important to a nation's culinary traditions as kimchi is to Korea's

breakfast, she, Jeong-eun, and I, as well as a sister-in-law of Yeong-ae's, sat down on the living-room floor, which we'd lined with newspapers. Before us were piles of scallions and Korean watercress, heads of garlic, bottles of anchovy sauce, big jars of salted shrimp, and plastic bags of Yeong-ae's homemade chile powder, ground from Korean red peppers that she'd grown in her garden plot and dried on the roof of her apartment building. Yeong-ae and her sister-in-law chopped the garlic and then carefully used their hands to mix the ingredients. Then we all began to rub the cabbage leaves with the pungent paste.

Finally, we piled the pieces of seasoned cabbage into plastic storage containers, which would sit out for a few days. Before they can be refrigerated, the ingredients must rest for a while at room temperature while they begin to ferment. In centuries past, kimchi was stored

in earthenware jars buried underground; these days, such vessels have been replaced by Tupperware and refrigerators, usually special ones set aside just for the purpose. (Yeong-ae's kimchi fridge sits in her small hallway.)

At Yeong-ae's apartment, the mixing, seasoning, and storing continued into the afternoon, and as the day wore on, various female friends and relatives of Yeong-ae's arrived to help. To this day, kimchi making is women's work, and kimjang is a time to visit and catch up. It seemed to me something like a quilting bee: as they worked, the women laughed and gossiped: about the cousin who married the ugly girl, the neighbor who spent all her husband's money. They also occasionally paused to sam-

ple pieces of the seasoned cabbage. I did the same; it was crisp and tasted of the earth. This was the first time I'd tried unfermented kimchi, and even the cabbage itself was a revelation. Korean paechu is a close cousin of the varieties of Napa cabbage found in the United States, but it tastes very different. Unlike the Napa cabbage I was familiar with, which tends to be pale and pliant, practically apologetic on the tongue, the paechu was hearty. It tasted bright and cold and complicated. In fact, it tasted a little like autumn itself, that final burst of color and vitality before hibernation.

ACROSS THE PROVINCES of both North Korea and South Korea, there are striking regional differences in the kimchis one eats in homes and restaurants. As a general rule, kimchi gets saltier and more pungent as you travel from north to south across the Korean penin-

A World of Kimchi Though cabbage (paechu) kimchi and daikon (mu) kimchi are the two best-known versions of the food, literally hundreds of other kinds exist. Pictured on the facing page are nine varieties that hint at the astonishing diversity of flavor, color, and texture that kimchi can possess. ① Tongchimi kimchi, or water kimchi, can be any number of fermented pickles that are often served in their brining water; the version shown contains Asian pear, daikon, scallions, pomegranate seeds, and chiles (see page 82 for a recipe). ② Uong kimchi is made with woodsy-tasting, crunchy burdock root and is usually aged for just a day or so. ③ For muchae kimchi, crisp daikon radishes are shredded into long strands before being fermented in a thick, pungent paste of chile powder and garlic. ④ The broad leaves of the herb known as perilla or beefsteak, which have a distinctive cinnamon-like flavor, are the base for kaennip

kimchi, which has a refreshing bite. ⑤ Kongnamul kimchi consists of springy soybean sprouts fermented in a chile-garlic paste; this version is typically aged for only a short time so that the sprouts' nutty flavor still comes through. ⑥ Gat kimchi is an intensely flavorful pickle of mustard leaves and stems that have been fermented with anchovies and glutinous rice paste. ⑦ The big, pumpkin-like winter squash (called rumbo squash) that are harvested in the fall in Korea are frequently used as the base for a sumptuous, mildly sweet dish called hobak kimchi. ⑧ A kind of Korean wild lettuce called kodulpaegi is the base for this slightly sour kimchi; over time, the firm leaves become soft and pliable. ⑨ Naeng-myun kimchi is a striking, peppery pickle of thin-sliced daikon radishes that have usually been aged for only a few days and, often, garnished with scallions and sliced chiles. —David McAninch

KIM CHI

sula. This makes sense, because in the north the climate is cooler, and it's therefore always been easier to preserve vegetables without heavily salting them and fermenting them for long periods.

On both countries' coasts, kimchi is often made with a mixture of vegetables and fresh seafood like oysters and pollack. Farther inland, in provinces with more farms, kimchis made from eggplant, spring onions, and sesame leaves are popular. In mountainous areas, like the inland parts of Kangwon-do Province, in the peninsula's center, cooks make use of ingredients that can be foraged from the forests, like acorns and arrowroot.

Of all these regional variations, the most renowned kimchis come from Korea's three traditional culinary capitals: Gaesong, in what is now North Korea; Jeonju, in the south; and Seoul, more or less right in the middle of the peninsula. Gaesong, which was for centuries the Korean capital, is famous for subtle, nuanced flavors and lightly braised meats and seafood; cooks there have long favored delicate water kimchis made from vegetables steeped in beef broth. Because it's nearly impossible to get into Communist North Korea these days, I've never been able to visit Gaesong, but I have had Gaesong-style food in Seoul. There, at the restaurant Gaesong House, I had a deliciously sophisticated kimchi made of octopus, pine nuts, and chiles wrapped in cabbage leaves.

Jeonju, on the other hand, is within South

Korea, a four-hour drive from Seoul. Many chefs and restaurateurs in Korea claim a connection to Jeolla-do, the province of which Jeonju is the capital. The region is the birthplace of some of the most extravagant cuisine—and kimchi—in all Korea. The style of cooking there still bears the indelible stamp of the aristocratic Lee clan, which established itself there in 1392. In the city of Jeonju in particular, foods are more complex than anywhere else in the country, and meals are commonly accompanied by at least a dozen side dishes. The hot, vibrant kimchis of Jeolla-do feature ingredients ranging from plum juice and pears to chestnuts and sweet potatoes.

On a recent trip to Jeolla-do Province, I visited Bitgoeul Luchia Traditional Food, a kimchi factory owned by Eun-sook Kim, a 58-year-old grandmother and former housewife who makes what I'd been told is Korea's most exquisite packaged kimchi, in some 20 different varieties. What distinguishes Eun-sook's kimchi from

THE FRESHLY SEASONED CABBAGE TASTED BRIGHT

and cold and complicated, a little bit like autumn itself, that final burst of color and vitality before hibernation

other commercial kimchis is that she and the eight workers she employs, all women of about her age, mix the ingredients by hand.

There's a word in the Korean language, *sonmat*, that translates roughly as taste of hands; it denotes an elusive but essential element of the country's traditional foodways. For Koreans, eating and cooking are hands-on experiences, and real kimchi, Eun-sook told me, has qualities that can't be produced by machines or conferred by utensils. The kimchis Eun-sook invited me to taste, especially one made with mustard greens and a sour-spicy one made with tangerines and Chinese pepper, were indeed extraordinary. They more than lived up to the province's reputation for sumptuous and intensely flavorful food.

Another highlight of any trip to Jeolla-do is a visit to a restaurant in Jeonju called Gajok Hwaeguan. The chef and owner, a 72-year-old woman named Nyeon-yim Kim, is famous for her kimchi and for her version of bibimbap: stir-fried beef served in a hot stone bowl with rice, stir-fried zucchini, spinach, pickled burdock root, and bellflower stems and crowned with ribbons of julienned omelette. When I first walked into the place, I wasn't quite sure what to make of the fluorescent lit, cafeteria-like dining room packed with young couples, old people,

children, and some monks from a nearby Buddhist monastery. But when the food arrived I immediately recognized the Jeonju-style excess I'd heard so much about. The banquet of side dishes that came with my bibimbap was jaw dropping: billowing clouds of egg custard, pickled raw beef with pears, seafood fritters, and a parade of remarkable kimchis. There was one tempered with slivers of sweet potato and chestnuts carved into tiny flower shapes. The starchy ingredients gave the kimchi a mellow, layered flavor that was miles away from that of the assertive versions I'd had before.

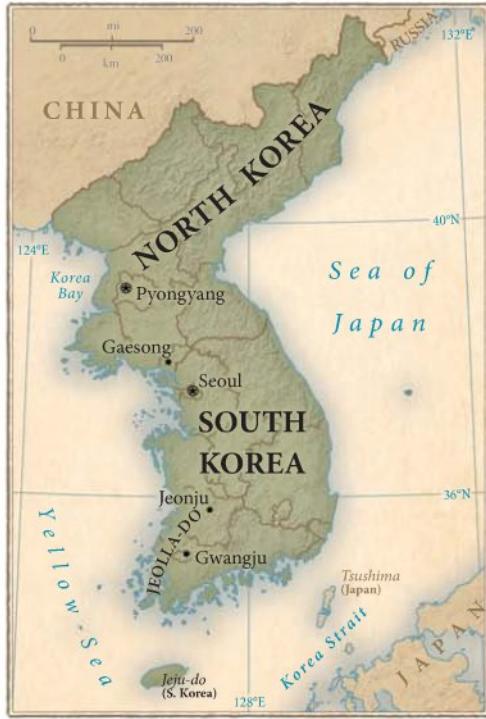
COOKS IN SEOUL, the last of Korea's three traditional culinary capitals and the center of commerce on the peninsula for centuries, have long benefited from a steady and terrifically varied supply of ingredients, most of which, at one point or another, have been made into kimchi. Still, I think my memories of the city will always be bound up in the

flavor and fragrance of cabbage during the season of kimjang.

On the final day of kimchi making at Yeong-ae Kim's apartment in Seoul last autumn, Yeong-ae prepared lunch for me and her children. She brought out a few different kimchis she'd been keeping in the fridge. Last year's paechu kimchi, which she cut apart with scissors, had a robust flavor and a pleasantly crisp texture. But it was her two-year-old paechu kimchi, which she steamed along with mackerel for our lunch, that was the star. It was as rich, gamy, and funky as any I've tasted.

We also sampled some of the kimchi that Yeong-ae had made that morning. "There is nothing better than the taste of kimchi on the day it's made," Jeong-eun said, "because you can have it only once a year." Yeong-ae, who doesn't speak English, gestured for me to open my mouth. She picked up a sliver of the cabbage's heart between her fingers and popped it onto my tongue. It tasted of the Korean soil, was bracing, like the cold Korean air, and was even more delicious coming directly from a mother's hand.

Cucumber kimchi stuffed with carrots, chives, Asian pear, pine nuts, and seasonings, facing page (see page 82 for a recipe).





KIM CHI



PAECHU KIMCHI

(Cabbage Kimchi)

MAKES ABOUT 17 CUPS

Cabbage kimchi is a staple in Korean households. This version comes from Young Hee Chung, a Korean-born home cook living in New York City (see page 101). See THE PANTRY, page 106, for sources for hard-to-find ingredients.

- 1½ cups plus 1 tsp. sea salt
- 3 medium-size Napa cabbages, quartered lengthwise with core left intact, outer leaves discarded
- 1½ lb. daikon radishes, peeled and julienned
- 1 cup plus 2 tbsp. Korean chile powder (see facing page)
- 3 tbsp. Korean anchovy sauce (aejang jeot) or Southeast Asian fish sauce
- 2½ tbsp. finely chopped Korean salted shrimp (see facing page)
- 2 tbsp. sesame seeds
- 30 Korean chives or garlic chives, cut into 1" pieces (see facing page)
- 14 cloves garlic, finely chopped and mashed into a paste
- 10 scallions, white and light green parts only, thinly sliced diagonally
- 10 sprigs Korean watercress, trimmed and roughly chopped (see facing page)
- 2 2" pieces ginger, peeled, finely chopped, and mashed into a paste
- 1 large carrot, peeled and julienned
- 1 Asian pear, cored and julienned

① In a large bowl, combine 1¼ cups salt and 2 gallons cold water and stir until salt dissolves. Add the cabbages

and massage the salt water into the leaves. Drain cabbages, transfer to a baking sheet, and work remaining ¼ cup salt in between the leaves down to the root. Put cabbages into a large bowl and let sit, turning occasionally, until softened, 4 hours. Rinse cabbages and squeeze to extract excess water; set aside.

② In a large bowl, vigorously stir together the remaining ingredients to make the kimchi seasoning paste. Working with one quarter of cabbage at a time over the bowl of seasoning, use your fingers to work some of the paste between the leaves, starting with the innermost leaves and working outward. Repeat with remaining cabbages, reserving a handful of the filling. Transfer seasoned cabbages to a clean 6-qt. glass jar, adding some of the remaining seasoning paste and ¼ tsp. salt between each layer and pressing down to compact the cabbages. Rub any remaining paste over the top of the packed cabbages and cover jar with 2 layers of plastic wrap. Let the kimchi sit at room temperature for 4 days.

③ Uncover the jar to release any carbon dioxide. Re-cover and refrigerate for at least 4 more days to let the flavors meld further. The kimchi will keep, refrigerated, for at least 6 months (its flavor will sharpen over time). To serve, remove desired amount of cabbage and snip leaves into 1"-2" pieces.



KKAKDUGI

(Radish Kimchi)

MAKES ABOUT 12 CUPS

Very large, firm daikon radishes are the best for making this classic kimchi. See THE PANTRY, page 106, for sources for hard-to-find ingredients.

4 lbs. daikon radishes, peeled and cut into 1" cubes

1 lb. Napa cabbage (firm inner leaves only), cut into 1" cubes

2 tbsp. kosher salt

1½ cups roughly chopped trimmed Korean watercress (see facing page)

¼ cup sugar

¼ cup Korean chile powder (see facing page)

2 tbsp. finely chopped Korean salted shrimp (see facing page)

2 tsp. distilled white vinegar

6 cloves garlic, finely chopped

5 scallions, white and light green parts only, cut into 1" lengths

1 1" piece ginger, peeled and grated

Put radishes, cabbages, and salt into a large bowl and toss to combine; let sit for 15 minutes. Meanwhile, in another large bowl, combine the remaining ingredients. Add the salted radishes and cabbages and any juices from the bowl and toss to combine. Transfer mixture to a clean 1-gallon or 4-qt. glass jar, pressing down on the ingredients to compact them. Cover jar tightly with 2 layers of plastic wrap and let sit at room temperature for 4 days, uncovering and then re-covering the jar (to release carbon dioxide) at the end of the second, third, and fourth days. Transfer jar to refrigerator and let sit for up to 6 months, uncovering occasionally to release carbon dioxide. To serve, slice desired portion of vegetables into bite-size pieces and transfer to a bowl. Ladle a few tbsp. of kimchi's brine into bowl. Dilute with 1 tbsp. or so of water and, if you like, garnish with pomegranate seeds.



TONGCHIMI

(Water Kimchi)

MAKES ABOUT 12 CUPS

This light-tasting kimchi is sometimes served with flavorful garnishes, such

as pomegranate seeds, and a little of the brine solution in which it's pickled. See THE PANTRY, page 106, for sources for hard-to-find ingredients.

4 ½ lbs. daikon radishes, peeled and cut into 3" x 1½" lengths

12 cloves garlic, halved

5 red Korean or Holland chiles, pierced in the middle with a knife

4 scallions, white and light green parts only, plus more for garnish

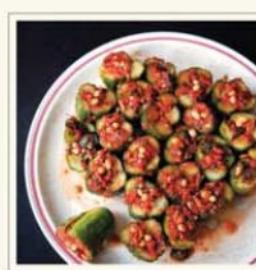
4 2" pieces fresh ginger, peeled and thinly sliced crosswise

1 Asian pear, unpeeled, cored, and sliced into ¾"-thick wedges (see facing page)

3 tbsp. sea salt

1 tbsp. distilled white vinegar Pomegranate seeds, for garnish (optional)

Put radishes, garlic, chiles, scallions, ginger, and pears into a 1-gallon glass jar fitted with a lid. In a bowl, stir together salt, vinegar, and 8 cups water until salt is dissolved. Pour salt solution over vegetables, adding a little water to cover vegetables if necessary. Cover jar and let sit at room temperature for 4 days, uncovering and then re-covering the jar (to release carbon dioxide) at the end of the second, third, and fourth days. Transfer jar to refrigerator and let sit for up to 6 months, uncovering occasionally to release carbon dioxide. To serve, slice desired portion of vegetables into bite-size pieces and transfer to a bowl. Ladle a few tbsp. of kimchi's brine into bowl. Dilute with 1 tbsp. or so of water and, if you like, garnish with pomegranate seeds.



OI SOBAEGI KIMCHI

(Stuffed Cucumber Kimchi)

KIMCHI

MAKES ABOUT 20 PIECES

This dish can be eaten the day it's made or left to ferment slightly at room temperature overnight for a deeper flavor and softer texture. See THE PANTRY, page 106, for sources for hard-to-find ingredients.

1 1/4 lbs. thin, firm cucumbers, preferably Japanese or Kirby, rounded ends trimmed off, cut crosswise into 1 1/2" lengths
1 tbsps. kosher salt
3 tbsps. Korean chile powder (see below right)
1 1/2 tbsps. finely chopped Korean salted shrimp (see below right)
1 tbsps. finely chopped carrot
1 tbsps. Korean anchovy sauce (aeok jeot) or Southeast Asian fish sauce
2 tbsps. sesame seeds
2 tbsps. sugar
30 Korean chives (see below right) or garlic chives cut into 1" pieces
4 cloves garlic, finely chopped and mashed into a paste
3 scallions, white and light green parts only, thinly sliced diagonally
1 1" piece ginger, peeled, finely chopped, and mashed
1/4 Asian pear, peeled and finely chopped
1 tbsps. pine nuts

① Working with 1 cucumber piece at a time, stand piece on its end and make 1 deep vertical cut roughly three-quarters of the way to the bottom; make another, identical cut perpendicular to the first one to form a cross-shaped opening. Transfer cucumber pieces cut side up to a large bowl. Sprinkle salt over the cucumbers, gently working some of the salt into the openings; let sit for 30 minutes. Rinse cucumbers and pat dry; set aside.

② In a medium bowl, vigorously stir together the remaining ingredients, except for the pine nuts, to make the filling. Working with 1 cucumber piece

at a time, stuff about 2 tbsps. of the filling into the opening. Press 3 or 4 pine nuts into the stuffing of each cucumber. Transfer to a platter and serve immediately, or allow cucumbers to ferment: nestle cucumber pieces, stuffed side up, in a plastic container; cover and let sit for 1 day at room temperature, then refrigerate until chilled. Cucumbers will continue to soften and will keep in the refrigerator for up to 1 week.



KIMCHI JEON

(Kimchi Pancakes)

SERVES 4-6

These savory pancakes are flavored with ground pork and chopped kimchi. This recipe makes about 25 small pancakes; you can also cook large ones that fit the bottom of the skillet and slice them into wedges.

1/4 lb. ground pork
2 cups chopped cabbage kimchi (see recipe, page 82, or see page 106 for a source for store-bought kimchi)
1 cup flour
1/2 cup rice flour
6 scallions, finely chopped
1 egg, lightly beaten

10 1/2 tbsps. canola oil
Kosher salt, to taste

Combine ground pork, kimchi, flour, rice flour, scallions, egg, and 1 cup ice-cold water in a bowl; whisk to combine. Set aside to let rest for 10 minutes. Working in 7 batches, heat 1 1/2 tbsps. oil in a 12" nonstick skillet over medium-high heat; scoop four 2-tbsp. portions batter into skillet; flatten each portion with the back of a spoon. Cook until edges crisp, about 2 minutes. Flip pancakes; cook until set, about 2 minutes. Transfer pancakes to paper towels and wipe out skillet after each batch. Serve sprinkled with salt.



KIMCHI JIGAE

(Kimchi Stew)

SERVES 4-6

This traditional Korean stew makes good use of long-aged kimchi.

1 tbsps. rice wine
1 tbsps. sesame oil
1 1/2 tsp. soy sauce
1 1/2 tsp. sugar
1 1" piece ginger, peeled and grated
1/3 lb. skinless pork belly, cut into

3/4" cubes
1 tbsps. canola oil
8 cloves garlic, finely chopped
8 shiitake mushrooms, stemmed and thinly sliced
3 scallions, white and green parts only, cut into 1/2" lengths, plus more thinly sliced for garnish
4 cups chicken broth
8 oz. medium-firm tofu, cut into 3/4" cubes
2 cups cabbage kimchi (see recipe, page 82, or see page 106 for a source for store-bought kimchi), cut into 1" pieces
1 tbsps. Korean chile powder (see below)
Kosher salt, to taste
2 tbsps. rice vinegar
Cooked short-grain white rice, for serving

① In a medium bowl, combine rice wine, sesame oil, soy, sugar, and ginger; add pork belly and toss to combine. Cover with plastic wrap and let marinate at room temperature for 1 hour.

② Heat oil in a 6-qt. Dutch oven over medium-high heat. Add pork belly and discard marinade; cook until browned, about 4 minutes. Add garlic, mushrooms, and scallions; cook until soft, about 3 minutes. Add broth, tofu, kimchi, chile powder, and salt; bring to a boil. Reduce heat to low, cover, and simmer for 30 minutes until pork is tender. Stir in the vinegar and serve with rice.

THE ELEMENTS OF KIMCHI



A Korean variety of **Napa cabbage** ① is the most common ingredient for kimchi. Almost as popular is **Korean radish** ②, also known as mu (and often considered to be a variety of daikon); Korean cooks prefer larger specimens because they have less water than smaller ones and stay firmer during fermentation. Most kimchi gets its kick and color from **Korean chile powder** (gochu garu) ③, a bright red, sweet-smelling powder usually ground from dried Korean chiles.

Herbaceous **Korean chives** (puchu) ④ are also often added to kimchi, sometimes as part of the fermenting mixture, other times as a garnish, as is **Korean watercress** (minari) ⑤, which has an assertive, parsley-like flavor. **Salted shrimp** (saeu chot) ⑥ helps promote fermentation. Many water kimchis contain fruit, like crisp **Asian pear** ⑦, which takes on a delicate softness as it pickles. (See THE PANTRY, page 106, for sources.) —Hunter Lewis

A close-up photograph of a man with dark hair and a beard, wearing a black shirt. He is looking directly at the camera with a slight smile. The background is blurred, showing what appears to be a kitchen or food preparation area.

JERUSALEM MIX

The Mahane Yehuda market is an eater's paradise
by Jay Cheshes photographs by Penny De Los Santos



AS SHOPPERS BUY PROVISIONS FOR Shabbat dinner on a Friday morning, Mahane Yehuda—West Jerusalem's main *shuk*, or market, and the largest one in Israel—is bustling. Workers at a bakery off Jaffa Road unload big trays of ruge-lach from oversize ovens. In a slate-paved alley sheltered by a glass roof, the proprietor of a dry goods shop weighs out pistachios, dried chickpeas, and spice mixtures specially blended for rice pilafs and soups. A blood-spattered butcher hacks at a side of beef, and a fishmonger wrestles a live carp. Bearded Hasidic men in fur-lined coats and big black hats mill around young Palestinian vendors hawking vegetables brought past checkpoints from the West Bank.

Crowds of shoppers huddle around pillars of halvah, towering stacks of fresh pita, and mountains of produce: tomatoes, miniature cucumbers, raw olives and dates, eggplants, pomegranates, kohlrabi, mangoes grown in thickets reclaimed from the desert, and on and on. Here, in a city riven by centuries of religious conflict and shadowed by the modern threat of terrorism, I watch as Jews, Muslims, and Christians converge on this place, coming together as a matter of daily routine around the buying, selling, and consuming of food. The abundance of raw ingredients aside, it is the last activity that has brought me here.

A nosher's paradise lies in and around the market, a compact warren of shop-lined streets and covered alleyways stretching just a few city

blocks northwest of Jerusalem's walled old city. Dozens of hole-in-the-wall lunch counters and family-owned restaurants here offer classic Israeli dishes sourced in the *shuk*. While the smaller markets in the old city's divided districts have a more segregated ethnic focus, the food at Mahane Yehuda (the name literally means Judah's Camp) more broadly reflects Israel's diverse national cuisine. You'll find cooking styles drawn not only from the vast Jewish Diaspora (both the Sephardim, with their Turkish, Moroccan, Yemenite, and Persian roots, and the Ashkenazim, with their origins in Eastern Europe and Russia) but also from the neighboring Palestinian territories and beyond. All those streams converge at the *shuk*, where cooks use both imported foods and local ingredients: dates from the palm groves of the Negev Desert, lemons and oranges from the citrus orchards in Galilee, meat and produce from the vast cooperative farms of the Jordan Valley.

The sort of polyglot food found at the market has, in turn, become one of Israel's most successful cultural exports. My last visit to Israel was 25 years ago, on a family vacation, but I've been savoring the country's cooking for years in and around my home in New York City: the shawarma spot in the West Village that used to show Israeli soccer games on a back-room TV, the hummus parlor packed with homesick Israelis, the falafel joint run by a transplanted Tel Aviv chef. Entering Mahane Yehuda on this return trip, I feel *(continued on page 90)*

Crowds of shoppers huddle around pillars of halvah, towering stacks of fresh pita, and mountains of tomatoes, olives, dates, pomegranates, and more





Eggs simmered in a spicy tomato stew, foreground (see page 94 for a recipe). Facing page, from left, a spice merchant's shop in the Mahane Yehuda market; rose water pudding (see page 94 for a recipe); diners at Azura. Previous pages, cooks at Sima, a restaurant in the market.



Quesadilla
Llu, Achara



JERUSALEM



Above, from left, hummus with tahini (see page 94 for a recipe); workers moving trays of rugelach; a Jerusalem butcher; ingredients for sabich, a vegetarian sandwich (see page 96 for a recipe). Previous pages, from left, Jerusalem mixed grill (see page 94 for a recipe); a market scene.

(continued from page 86) the curtains parting to reveal the birthplace of many dishes I've come to love. Much is familiar, but there is also plenty new to discover: brighter flavors, fresher ingredients, and what I can only describe as a taste of place.

ESTABLISHED AS A LOOSE CLUSTER OF vendor stalls by Arabs and Sephardic Jews in the late 19th century—and as well preserved in its own way as the old city's biblical-era ramparts just down the hill—the market is a portal to the past in a country increasingly swept up by modernity. Today, the *shuk* is as busy as it's ever been in its hundred-plus-year history; that marks a dramatic improvement over the late 1990s, when a string of bombings, combined with shifting shopping habits, drove many patrons to new indoor malls and wide-aisled supermarkets.

The *shuk* has rebounded with the help of entrepreneurs like Eli Mizrahi, who until recently was the chairman of the market's merchant association and remains its semi-official mayor. He also owns Café Miz-

rachi, an establishment comprising a dozen or so tables spilling out into a covered corridor near the market's entrance; in the seven years it's been open, the café has become the market's social hub. I start my first day at the *shuk* there, with a cup of strong coffee and sabich, a breakfast pita sandwich of eggplant, hard-boiled egg, tahini (the ubiquitous sesame paste), parsley, and cucumber salad. Mizrahi, a scrappy 58-year-old, tells me he'd always dreamed of opening a cafe. "The market was in very bad shape economically," he says. "Somebody needed to do something to bring in more people." Opening the café was his way of accomplishing that. It doesn't hurt that the place is staffed largely by young women, including Mizrahi's two striking daughters.

Some of the best market eateries are located in the narrow streets just outside the *shuk*'s official boundaries. After leaving Café Mizrahi and wandering among the stalls for a while, I exit the market's gates onto Agrippas Street; walk past a bakery, a kosher pizzeria, and a slim alcove where an elderly blacksmith is sharpening scissors in a shower of sparks; and arrive at Mordoch, a 25-year-old restaurant that specializes in good, simple home cooking served fast and cheaply. Approaching a counter that offers a view into a small kitchen, beneath a poster that depicts Hollywood stars standing in for the Apostles at the Last Supper, I order what everyone's eating: soup containing what appear to be flattened matzo balls. They turn out to be a Kurdish version of *kubbe*, the meat-stuffed semolina and bulgur dumplings found in various forms throughout the Middle East and also known as *kibbeh*. Mordoch's

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dumplings, boiled in a beet or lemony zucchini-based soup and also deep-fried on their own, are dense and satisfying.

Mordoch is multiethnic Israel writ small. The chef-owner, Itzhak Agay, who is working the counter when I visit, says he can trace his roots on his father's side to Iran and Iraq, while his mother's family—originally from Spain—goes back ten generations in Jerusalem. The restaurant serves family specialties and whatever regional dishes the clientele has requested over the years. "We started out making rice, meatballs," he says; "then people came in saying, 'Hey why don't you serve mejadra?'" He's referring to a fried-onion-topped rice and lentil side dish believed to have its origins in biblical times. "A week later another one comes: 'Hey, mister, do you do kubbe?' Okay, which kubbe do you want?"

Even the smallest restaurants usually offer eclectic menus. For a late breakfast the next day, I visit Azura, the market's oldest and best-known hole-in-the-wall eatery; the place serves food to please every ethnic contingent, from stewed Turkish eggplant to Ashkenazi-style dishes like stuffed cabbage, stewed beef lungs, and goulash. As he has for the past 40 years, Azura's owner, a man in his 70s named Ezra Shraflar, began cooking this morning at four o'clock, setting

the daily specials to simmer on a worn set of kerosene stoves. I try the silky hummus, said to be the best in the market, and the *shakshuka*, a dish of Libyan origin that consists of eggs cracked into a spicy stew of tomatoes, onions, and chiles.

There are miniature refueling spots like Azura throughout the *shuk*, some so small you can walk right past them without noticing. One of the tiniest I manage to find is a kebab joint run by a 54-year-old Moroccan-born cook named Morris Bitton. The diminutive spot, with just a handful of tables, stands right next door to the butcher shop that supplies Bitton's meat. Instead of presenting me with a menu, Bitton just opens the door of his fridge and points to what's inside. "We have kebab," he says, "chicken, fish, goose liver, goose breast, three kinds of beef kebab." He tells me that he also serves delicious sweet-breads; I order some. The tender, smoky pieces of beef offal come on long metal skewers and have been delicately blackened over Bitton's small charcoal grill.

At Mahane Yehuda I find myself pausing for half a dozen snacks in the course of a single afternoon; that's the type of on-the-go eating to which the *shuk* is ideally suited. Near its entrance, alongside a gate guarded by baby-faced Israeli army soldiers, I find the Levy falafel stand. That

The market, as well preserved in its own way as the biblical-era ramparts of the old city, is a portal to the past in a country swept up by modernity



Cooks frying falafel at an outdoor take-out stand not far from the market.

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deep-fried snack of mashed, parsley-flecked chickpeas served in a pita is perhaps Israel's best-known food. I'd seen it being served at a few shops in and around the market but had been told by Jerusalem friends that Levy's was the only place to get decent falafel in Mahane Yehuda.

The Levy brothers have been fixtures in the market for as long as anyone can remember—supporting, it is said, five families on chickpeas and pita. As I approach the order window, three of the brothers, now in their 70s, are feverishly attending to hungry shoppers. One of them fries eggplant, a customary falafel sandwich accompaniment, and restocks condiments, while another fishes golden falafel balls from the fryer. The third assembles sandwiches so fast—hummus, spicy green *schug* (an herb-infused hot sauce), pickles, falafel, chopped salad, a dollop of tahini—that his weathered hands are practically a blur. It is some of the best falafel I've ever had.

The Levy stand, like most businesses in the market, shuts down by sunset, after which Mahane Yehuda becomes a near-ghost town. Among the few flickers of nocturnal life is a string of night-owl businesses along Agrippas Street, just outside the market. Each

of them—Sima, Sami, and the Steakiyat Hatzot—claims to have invented the late-night snack known from Brooklyn to Haifa as Jerusalem mixed grill: a savory combination of quick-griddled diced chicken, onions, and spices.

One night, after listening to live jazz outside Café Mizrachi, which also stays open late, I head to Steakiyat Hatzot. At the take-out window, I'm served by a young man in a crewcut and T-shirt named Joseph Ajami, who tells me that his father and uncle, who founded the place—Jerusalem's first late-night restaurant—in 1970, are the true inventors of Jerusalem mixed grill. "We have a unique formula, with 22 spices," he says. "Everyone wants us to sell it to them." The walls of the spare dining room—fragrant with turmeric, cumin, and the other, mystery spices—are decorated with framed photographs of Israeli politicians, sports stars, and entertainers.

The mixed grill itself—stuffed into a pita with a cured-mango relish called amba and served with house-cured pickles and olives—is fatty, salty, piquant bliss. It brings pure comfort after a long day in the *shuk*. 

THE GUIDE

Jerusalem

Meal for two with drinks and tip:
Inexpensive Under \$25

Virtuoso (www.saveur.com/virtuoso), a global travel service, arranges custom-designed visits to Israel.

WHERE TO STAY

THE AMERICAN COLONY 23 Nablus Road (2/627/9777; www.americancolony.com). Rates: \$275-\$480 double. Located in Arab East Jerusalem, this landmark may be the city's most atmospheric hotel. Long a home away from home for diplomats and foreign correspondents, the historic but moderately priced property is a stone-walled oasis enclosing a florid tropical garden.

KING DAVID HOTEL 23 King David Street (2/620/8888; www.danhotels.com). Rates \$380-\$460 double. West Jerusalem's most famous hotel is fully kosher, amply luxurious, and famously secure (it's where visiting presidents and prime ministers stay when they're in town).

WHERE TO EAT

Some of the best eating experiences

in Jerusalem can be had at unpretentious eateries, like the six described below, located in or near Mahane Yehuda market, which lies about a half mile northwest of the old city.

AZURA 8 Mahane Yehuda (2/623/5204). Inexpensive. This hole-in-the-wall breakfast and lunch counter is a market landmark. The specialties here are long-simmered soups and stews, including *shakshuka* (a spicy tomato and egg dish of Libyan origin) and *kubbe* (meat dumpling) soup.

CAFÉ MIZRACHI 12 Hashazif Street (2/624/2105). Inexpensive. Eli Mizrachi's informal market café is open for breakfast, lunch, and dinner and is one of the market's principal social hubs. The bureka (savory fried pastry) is excellent, as are the red mullet with cilantro sauce and the Jerusalem artichoke lasagne.

LEVY FALAFEL 60 Agrippas Street (2/625/4076). Inexpensive. The

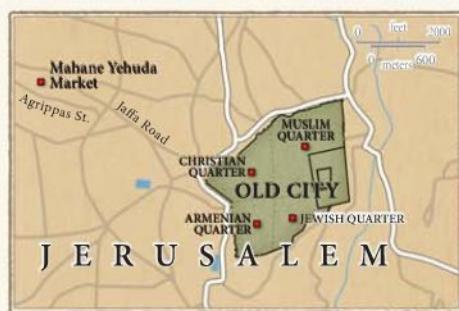
Levy brothers have been running this always busy falafel stand—considered to be the best purveyor of falafel in the market—on the corner of Agrippas Street and Mahane Yehuda for 18 years. Their falafel is crunchy and moist but not heavy, and the toppings (hummus, tahini, house-made hot sauce, pickles, chopped vegetables) are impeccably fresh.

MORDOCH 70 Agrippas Street (2/624/5169). Inexpensive. A popular lunch spot (also open for dinner) on the edge of the market, Mordoch offers a gloriously diverse menu of Israeli specialties, including excellent hummus, fried *kubbe*, and *mejadra* (a

rice and lentils dish topped with fried onions).

MORRIS 13 Ha Haruv Street (52/578/2500). Inexpensive. Charcoal-grilled meats make up the menu at Morris Bitton's sliver of a kebab joint in the southern end of the market. Among the highlights are the beef kebabs, the skewered sweetbreads, and the grilled goose liver.

STAEKIYAT HATZOT 123 Agrippas Street (2/624/4014). Inexpensive. The best of three competing street-food establishments that claim the title "king of the Jerusalem mixed grill": a well-spiced hash of chicken, turkey, chicken liver, onions, and other ingredients, all seared on a griddle and served in a pita with house-cured pickles and olives and, usually, amba (a spicy mango relish). Like its competitors, Steakiyat Hatzot stays open late.



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MALABI

(Rose Water Pudding)

SERVES 4

This pudding, a cool, sweet, and subtly flavored snack that originated in Turkey, is based on a recipe in *The Book of New Israeli Food* by Janna Gur (Schocken Books, 2007). You can reduce the amount of rose water in this preparation to achieve a more understated flavor.

2 cups milk
6 tbsp. cornstarch
1 tbsp. rose water
1/2 cup whipping cream
3/4 cup sugar
1/8 tsp. red food coloring
1 tbsp. roughly chopped toasted pistachio nuts
2 tsp. shredded coconut

① In a small bowl, whisk together 1 cup of the milk, the cornstarch, and $1/2$ tbsp. of the rose water until the cornstarch dissolves completely; set cornstarch mixture aside. In a 2-qt. saucepan bring the remaining milk, the cream, and $1/2$ cup sugar to a simmer over medium heat. Whisk in the reserved cornstarch mixture. Cook, stirring constantly, until the pudding thickens, approximately 4 minutes. Pour the pudding into four 5-oz. serving dishes. Let the mixture cool to room temperature, cover with plastic wrap, and refrigerate until chilled, about 2 hours.

② Meanwhile, bring the remaining sugar and $1/4$ cup of water to a boil in a 1-qt. saucepan. Stir in the remaining rose water and the food coloring to make a syrup. To serve malabi, top each pudding with the rose water syrup, the pistachios, and the coconut.



SHAKSHUKA

(Eggs Poached in Tomato Sauce)

SERVES 4-6

This classic Israeli breakfast, a dish of Libyan origin, can be served as a main course for any meal of the day.

1/4 cup extra-virgin olive oil
5 Anaheim chiles or 3 jalapeños, stemmed, seeded, and finely chopped
1 small yellow onion, chopped
8 cloves garlic, crushed
1 tsp. ground cumin
1 tbsp. paprika
1 28-oz. can whole peeled tomatoes, undrained
Kosher salt, to taste
8 eggs
1/2 cup crumbled feta cheese
1 tbsp. chopped flat-leaf parsley
Warm pita, for serving

Heat oil in a 12" skillet over medium-high heat. Add chiles and onions and cook, stirring occasionally, until soft and golden brown, about 6 minutes. Add garlic, cumin, and paprika, and cook, stirring frequently, until garlic is soft, about 2 more minutes. Put tomatoes and their liquid into a medium bowl and crush with your hands. Add crushed tomatoes and their liquid to skillet along with $1/2$ cup water, reduce heat to medium, and simmer, stirring occasionally, until thickened slightly, about 20 minutes. Season sauce with salt. Crack eggs over sauce so that eggs are evenly distributed across sauce's surface. Cover skillet and cook until yolks are just set, about 5 minutes. Using a spoon, baste the whites of the eggs with tomato mixture, being careful not to disturb the yolk. Sprinkle *shakshuka* with feta and parsley and serve with pita, for dipping.



MEURAV YERUSHALMI

(Jerusalem Mixed Grill)

SERVES 4-6

A pita sandwich of griddled spiced meats and onions, this is one of Jerusalem's most beloved street foods. You can substitute boneless chicken thighs and more breast meat for the hearts and livers, if you like.

2 tsp. turmeric
1 tsp. black peppercorns
1 tsp. allspice berries
1/4 tsp. ground cinnamon
1/4 tsp. freshly grated nutmeg
1/2 lb. chicken breasts, cut into 1" cubes
1/2 lb. chicken hearts, halved and rinsed
1/2 lb. chicken livers, rinsed and roughly chopped
2 tbsp. extra-virgin olive oil
2 large yellow onions, roughly chopped
Kosher salt, to taste
Fresh pita, for serving
Amber and pickled peppers
(see page 102) for serving

① Combine turmeric, peppercorns, allspice, cinnamon, and nutmeg in a spice grinder and grind to a fine powder; set aside. Heat a dry 12" cast-iron skillet over medium-high heat until nearly smoking. Add chicken breasts and cook, flipping once, until browned but not cooked through, 2-3 minutes. Transfer chicken to a bowl; set aside. Return skillet to medium-high heat and add chicken hearts and cook, flipping occasionally, until browned but not cooked through, 2-3 minutes. Transfer hearts to the bowl with the chicken breast. Repeat with chicken livers.

② Return skillet to medium-high heat and add the oil; add onions and cook,

stirring occasionally, until onions are soft and slightly charred, about 4 minutes. Add the reserved spices and chicken and season with salt. Cook, stirring occasionally, until chicken is cooked through, about 3 minutes. To serve, cut slits in the tops of the pitas. Fill pitas with chicken mixture; top each sandwich with some of the amba and pickled peppers.



HUMMUS B'TAHINA

(Hummus with Tahini)

MAKES 4 CUPS

This velvety dip takes its signature flavor from tahini, a nutty-tasting sauce of crushed sesame seeds.

5 oz. dried chickpeas
1 tsp. baking soda
6 cloves garlic, crushed
1 1/4 cups plus $3\frac{1}{2}$ tbsp. tahini, preferably Achva brand (see page 102)
1/2 cup plus 2 tbsp. fresh lemon juice
Kosher salt, to taste
2 tbsp. extra-virgin olive oil, plus more for garnish
1/8 tsp. sumac or paprika, for garnish
1 tsp. finely chopped flat-leaf parsley, for garnish
Sliced pickles, for garnish
Pita, for serving

① In a medium bowl, combine chickpeas with 6 cups cold water and stir in baking soda; cover and let soak overnight. Drain chickpeas, transfer to a 2-qt. saucepan, and cover with 6 cups fresh water. Cover and bring to a boil over medium-high heat and cook until very tender, 40-50 minutes. Remove pan from heat and let cool slightly.

② Drain chickpeas, reserving cooking

The SAVEUR Chef Series

MISSY ROBBINS is busy, very busy—but she wouldn't have it any other way. Last year, the chef left her post at Chicago's acclaimed Spiaggia and Café Spiaggia to move to New York, where she stepped into the executive chef position at A Voce. This year, Robbins helped launch A Voce Columbus, an uptown outlet of the Italian eatery. We caught up with the chef recently to talk about her favorite fall foods and the challenges of taking over an award-winning kitchen.



COURTESY OF A VOCE

You changed the whole menu after taking over at A Voce. Did you feel you had to make a culinary statement?

It's definitely a different sort of challenge to walk into an established restaurant rather than opening a new one. I spent weeks observing and assessing what could work and what couldn't. But I felt pressure to change the menu fairly quickly because everyone knew there was a new chef, and the regulars wanted to see what I could do.

Is there anything on the menu that you will never take off?

Never is not really in my vocabulary. There are items at A Voce that are very popular, like the *cassoncini*, which is fried dough filled with Swiss chard and cresenza cheese, which I won't change anytime soon. But I think you have to wait and see how things evolve. Eventually your guests want to see change.

What food do you dream about?

I crave Sally's Pizza in New Haven, Connecticut. When I was living in Chicago and came back east to see my family, I always just wanted to go to Sally's. They do a pizza with no mozzarella, just red sauce and garlic and parmigiana, that is the best thing in the world.

What's your favorite fall ingredient?



I love winter squashes, brussels sprouts, chestnuts, and grains like farro. Truffles are pretty exciting, too. I often make a brussels sprout dish with ricotta and speck that's a version of the staff meal they used to serve at a restaurant where I worked in San Marino, Italy. The secret is to cook the brussels sprouts right—roasted quickly at high heat—so that they stay a little crisp. It's a perfect autumn dish.

PAPPARDELLE CON VERZA E SPEC

(Wide pasta ribbons with brussels sprouts, speck, and ricotta)

SERVES 4

FOR THE PASTA:

Pasta dough (recipe follows) (or 1 lb. of any dried long pasta or store-bought fresh pasta may be substituted)

2½ tbsps. extra-virgin olive oil
 1 clove garlic, sliced thin
 2 cups brussels sprouts, cut into quarters
 1 cup chicken stock
 2 tbsps. butter
 4 oz. speck
 1 sprig rosemary, leaves picked and chopped
 ¼ cup Pecorino Romano cheese
 4 tbsps. ricotta cheese
 Salt and pepper, to taste

FOR THE DOUGH:

2 cups type 00 flour
 8 egg yolks, lightly beaten
 ⅓ cup water

① Make the dough: Mound the flour on a pastry board or other wood or plastic work surface. Make a well in the center with the egg yolks. Using a fork, gradually fold the flour into the eggs, adding the water little by little until you have soft dough. Knead a few times until smooth, then form the dough into a ball, wrap in plastic, and refrigerate for 1 hour. Cut the pasta dough into 6 pieces. Working with 1 piece at a time, (cover the remaining dough with a moist towel until ready to use), dust with flour and place between the rollers of a manual or motorized pasta machine at the widest setting. Pass the dough through. Fold the dough in half, sprinkle with flour, and roll again. Dust again with flour, if the dough becomes sticky. Continue this process, reducing the space between the rollers one setting at a time until the dough is a thin, smooth sheet. Lay the pasta sheets on a floured surface and cut into strips that are 1½" by 10" long.

② Prepare the pasta: Bring a large pot of water to a boil and add salt until well seasoned. Meanwhile, in a large sauté pan over low heat, add 2 tbsps. olive oil to the pan and sweat the garlic. When the garlic is lightly cooked, turn the heat up, add the brussels sprouts, and sauté until golden. Add the chicken stock and set aside. Add the pasta to the boiling water and cook for 1–2 minutes, or until tender. When the pasta is ready, remove from the water and add to the sauté pan with the brussels sprouts, chicken stock, and ½ cup of the pasta boiling water (the starchy water will help to create the sauce). Cook over low heat for about 2 minutes to marry the pasta, and then add the butter. Fold in the speck, rosemary, and Pecorino. Divide among 4 bowls and top each with a dollop of the ricotta. Season with cracked black pepper and a drizzle of extra-virgin olive oil.

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liquid. To the bowl of a food processor, add chickpeas and 5 cloves garlic and process for 2 minutes. Add $\frac{3}{4}$ cup of the cooking liquid, along with $1\frac{1}{4}$ cups tahini, $\frac{1}{2}$ cup lemon juice, and 2 tbsp. olive oil; season with salt. Process, stopping occasionally to scrape down the sides of the bowl, until the mixture is very smooth, about 8 minutes. Cover with plastic wrap; refrigerate until flavors have melded, about 4 hours.

③ Bring hummus to room temperature. Finely chop the remaining clove of garlic and sprinkle with salt. Using the side of a knife, scrape the garlic against the work surface while chopping occasionally to make a paste; set aside. In a small bowl whisk together the remaining tahini, lemon juice, $3\frac{1}{2}$ tbsp. ice water, and the garlic paste until the mixture is creamy; season with salt and set aside. To serve, place hummus in a bowl and make a small indentation in the middle using the back of a spoon. Pour the reserved tahini mixture into the indentation and garnish hummus with olive oil, sumac or paprika, parsley, and pickles. Serve with pita.



SABICH

(Eggplant and Cucumber Salad Sandwich)

SERVES 4

An earthy combination of fried eggplant, tea-steeped hard-boiled eggs, tahini, parsley, amba (a mango relish), and cucumber salad (all pictured above) goes into this vegetarian sandwich, which is based on a traditional Shabbat breakfast of Iraqi Jews.

- 2 black tea bags
- Peel of 1 large yellow onion
- 4 hard-boiled eggs, peeled
- 7 tbsp. canola oil
- 1½ lbs. large eggplant, cut cross-

wise into $\frac{1}{4}$ "-thick slices

Kosher salt, to taste

- 2 Kirby cucumbers, unpeeled, finely chopped
- 1 small tomato, cored and finely chopped
- 1 small red onion, finely chopped
- 3 tbsp. fresh lemon juice
- 2 tbsp. extra-virgin olive oil
- Freshly ground black pepper
- 5 tbsp. tahini
- 1 clove garlic, finely chopped and mashed into a paste with a little salt
- 4 pitas, warmed
- Amber, for serving (see page 102)
- ¼ cup packed flat-leaf parsley leaves

① Place tea bags and onion peel in a 4-qt. saucepan with 8 cups water; bring to a boil. Reduce heat to lowest setting, add eggs, and cover; let eggs steep until they've darkened in color, about 1 hour.

② Meanwhile, heat oil in a 12" cast-iron skillet over medium-high heat until oil is shimmering. Season eggplant with salt. Working in batches, add eggplant and cook, flipping once, until golden and very soft, 3-4 minutes. Transfer eggplant to paper towels and set aside.

③ In a small bowl, combine the cucumbers, tomatoes, onions, 1 tbsp. lemon juice, and olive oil; season cucumber salad with salt and pepper and set aside. In a small bowl, combine the remaining lemon juice, tahini, garlic, and 5 tbsp. ice water. Whisk ingredients until creamy and season with salt; set tahini sauce aside.

④ To serve, slice off the top quarter of the pita breads and spread some of the tahini mixture on the inside of each pita. Put about 7 slices of eggplant into each pita along with one egg. Add some of the cucumber salad, top with some of the amba, and stuff some of the parsley into each pita. Drizzle the top of each sandwich with the remaining tahini sauce.



FALAFEL EM TAHINA

(Falafel with Tahini)

SERVES 4-6

The seasoned chickpea mixture for this falafel should have a coarse texture. This will ensure a crisp shell and a moist interior.

FOR THE SAUCE:

- 2 cloves garlic, finely chopped and mashed into a paste with a little salt
- ½ cup tahini
- ¼ cup finely chopped flat-leaf parsley
- 2 tbsp. fresh lemon juice
- Kosher salt, to taste

FOR THE FALAFEL:

- ½ lb. dried chickpeas
- 1 cup roughly chopped flat-leaf parsley
- 1 tsp. flour
- ¾ tsp. ground coriander
- ¾ tsp. ground cumin
- 3 cloves garlic, smashed
- 1 small onion, roughly chopped Cayenne pepper, to taste
- 1½ tsp. baking soda mixed with 1 tbsp. water
- Kosher salt, to taste
- Canola oil, for frying
- Warm pita, for serving

① Make the sauce: Place garlic paste in a small bowl and add the tahini, parsley, lemon juice, and $\frac{1}{2}$ cup ice water. Whisk until sauce is creamy; season with salt. Set tahini sauce aside.

② Make the falafel: In a medium bowl soak chickpeas in cold water overnight. Drain water and place chickpeas in a food processor with parsley, flour, coriander, cumin, garlic, onions, and cayenne. Pulse mixture until it is well

combined yet still coarse in texture, about 80 pulses. Add baking soda mixture and season with salt and cayenne; pulse to combine. Chill in freezer for 20 minutes. Use a spoon to portion the mixture into 1-tbsp. balls.

③ Pour oil into a 6-qt. pot to a depth of 2"; heat over medium-high heat until a deep-fry thermometer reads 340°. Working in batches, fry falafel balls, turning occasionally, until they float and turn golden brown, about $2\frac{1}{2}$ minutes. Using a slotted spoon, transfer falafel to a rack set over a rimmed baking sheet. Serve in a pita with the tahini sauce.

PITA

Fresh-baked pita, either slit open to make a sandwich or torn into pieces for dipping, is the standard accompaniment for scores of Israeli specialties (including five of the dishes on these pages). Here are five bakeries in the U.S. that are renowned for their pita.

Damascus Bakery in Brooklyn, New York (718/625-7070), makes both white-flour and whole wheat varieties and will ship anywhere in the U.S. The

Middle East Bakery and Grocery in Chicago (773/561-2224) sells its excellent pita to stores across the Chicago area. You can order several varieties of the flat bread, including extra-large versions, from the

New Yasmeen Bakery in Dearborn, Michigan (www.eyasmeen.com). In Austin, Texas, the **Phoenicia Bakery & Deli** (512/447-4444) will ship its

Lebanese-style pita, which is thinner than other versions, anywhere in the country. And in San Mateo, California, the **Aladdin Market** (650/574-7288) sells traditional pita as well as

za'atar pita, which is rubbed with oregano and sesame seeds. If you can't find fresh-baked pita, restore some of the bread's pillow-soft texture by spraying water onto

ordinary supermarket pita and warming it in the oven for three or four minutes. —The Editors



MAGNIFICENT WINES FROM ARGENTINA

Why Argentina? Why now? For many, many reasons. The growing of European grapes in this vast, agriculturally promising land goes back centuries—to 1541, in fact. That's when the Spaniards brought vines to Argentina's east coast near the Río de la Plata. Nearly 500 years ago! This helps explain the entrenched strength of wine culture in Argentina. Against such a backdrop, it's only natural to find individuals with the know-how and passion for making the best wine possible.

IDEAL GROWING CONDITIONS

And they've been blessed with the right country in which to do it. Jesuit missionaries discovered that the regions just east of the Andes Mountains, between 22 and 42 degrees southern latitude, were ideally suited to grape-growing. They established vineyards north of Mendoza in the 1560s. The hot and dry growing conditions had tremendous advantages: grapes that almost always reach full ripeness, and reach it without any fungal problems, due to the lack of humidity in the air. To this day, Argentina's vineyard-area air is extremely clean and unpolluted.

The root louse, which wiped out vineyards worldwide in the 19th century, was virtually absent from this pristine land. Even now, Argentina's vines usually have their original rootstocks, which sit in barely farmed soils, allowing for intense colors in the wines, deep aromas and pronounced flavors. And there has never been a struggle for groundwater in this dry environment; ingenious irrigation systems, invented by native Indians centuries ago, effortlessly bring the winter snows of the high Andes to the thirsty vines in summer. Significantly, those vines are nearby: Argentina boasts the highest altitudes in the world for wine cultivation, and the highest average altitude (almost 3,000 feet above sea level).

FROM THE 19TH CENTURY TO NOW

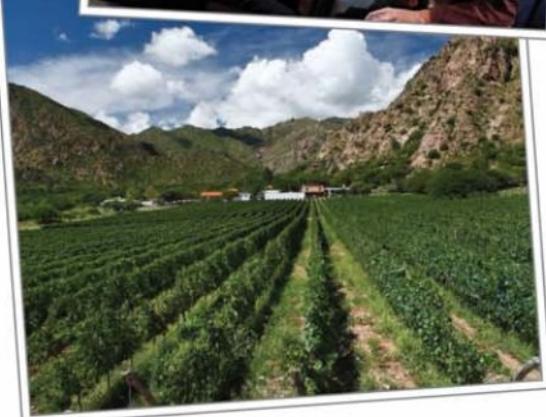
Add to this stunning viticultural backdrop the technical skills—and the additional wine passion—that arrived with waves of Spanish, Italian, and French immigrants from the 19th century forward. Argentina is wine country, and boasts wine drinkers among the world's most enthusiastic, per capita. Never trust a skinny chef, they say, and never trust a wine country where wine is not part of the local tradition.

For many centuries, of course, the wine produced in Argentina was only for the locals—who, like Europeans of an earlier era, had a different taste in wine than we do. Today, Argentina has awakened to the richer, more polished wines the 21st-century global drinker demands—and is using its vast experience in winemaking to supply the world with some of the most exciting modern wines available from anywhere.

FROM MALBEC TO TORRONTÉS

The grape variety superstar, of course, is Malbec, an old southwest France varietal, now rejuvenated in Argentina, and beloved of millions around the world. Malbec is heavily associated with the region of Mendoza, which has decisively landed on the required world-itinerary of wine travelers.

Now the world needs to know something else: Beautiful Argentine wines flourish beyond those suave, muscular Malbecs. Torrontés, in particular, a grape which yields spicy, floral, full-bodied, mostly dry, and downright seductive white wines, is a champion on the rise. It's important to remember that there's thriving life in Argentina beyond the postcard-perfect, highly successful red-wine mecca of Mendoza!



Wines of Argentina

www.winesofargentina.org

ARGENTINA

SEVEN GREAT REGIONS WITH A GREAT ROSTER OF VARIETIES

GREAT ROSTER OF VARIETIES

Catamarca

Like Salta, this northerly region maintains a sprightly average annual temperature (65 degrees) due to its elevated vineyards (some as high as 7,200 feet above sea level). The stony-sandy soils of Tinogasta, Santa María, and Fiambala, irrigated by the Abaucán River, have proven ideal for Torrontés—and also for red grapes such as Syrah, Malbec, and Cabernet Sauvignon.



Salta

Even if no grapes were grown in Salta, visitors would still flock there for the magnificent, Grand Canyon-esque landscapes one encounters on the way. It is the northernmost wine-growing area in Argentina, which might make the student expect fatter, lower-acid wines. But this is not the case. Vineyard altitudes can be extremely high here (Yacochuya reaches 9,000 feet), and the resultant wines have an above-average total acidity. Salta's centerpiece has become the Calchaquies Valley, particularly around Cafayate, now the most famous place in Argentina for the white wine made from Torrontés. Intriguingly, Salta is also a great spot for fruity, intensely colored, full-bodied red wines (particularly Cabernet Sauvignon) that don't need a great deal of oak aging to shine.



PARAGUAY

La Rioja

Mostly northeast of San Juan, this is a tiny growing area just starting to come to world attention. Water is scarcer here, so production numbers may never swell. However, Argentina's "own" grape variety, Torrontes—a white grape that may be related to a grape from Galicia, Spain, or even to the now-rare Terrantez from Madeira—has found an important home here. Among the three strains of Torrontés in Argentina, the most important one, by far, is Torrontés Riojano, which produces lovely aromatic wines in La Rioja. Look also for fragrant Muscat of Alexandria wines made in this region.



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San Juan

Slightly north of Mendoza lies Argentina's second-largest producing region, San Juan. It is hotter than Mendoza (the thermometer reaches the 90s during Mendoza summers, but can exceed 100 in San Juan and has a bit less rainfall. Once a grand outpost of old-fashioned Argentine wine—such as the made a graceful transition to quality production in the 1990s. And in areas like the Tulum Valley, alongside the San Juan River, international varieties such as Syrah have found a new home.



BOLIVIA

TUCUMÁN

NORTH

CATAMARCA

CHILE

LA RIOJA

CÓRDOBA

SAN JUAN

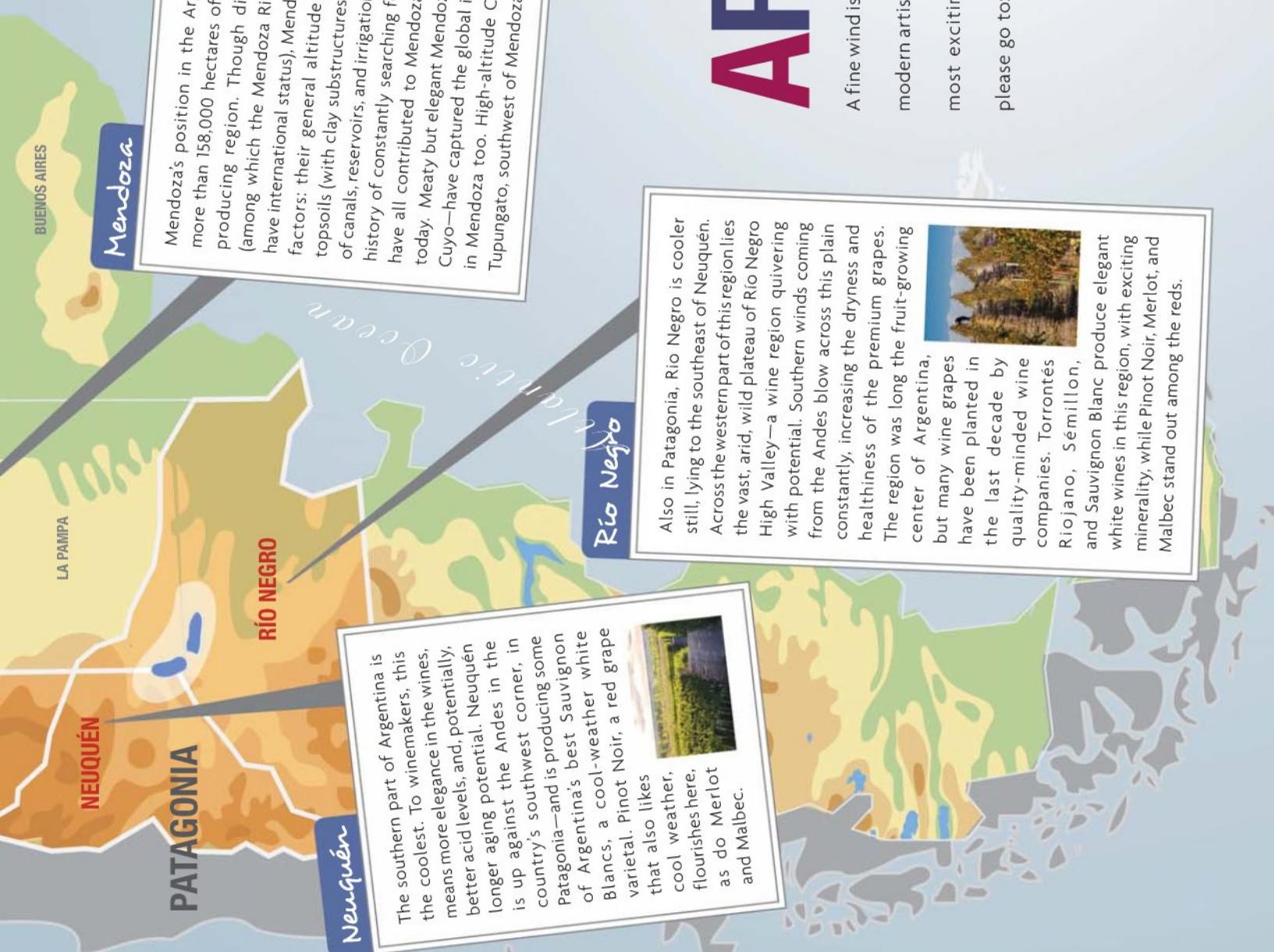
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Also in Patagonia, Río Negro is cooler still, lying to the southeast of Neuquén. Across the western part of this region lies the vast, arid, wild plateau of Río Negro High Valley—a wine region quivering with potential. Southern winds coming from the Andes blow across this plain constantly, increasing the dryness and healthiness of the premium grapes. The region was long the fruit-growing center of Argentina, but many wine grapes have been planted in the last decade by quality-minded wine companies. Torrontés, Riojano, Sémillon, and Sauvignon Blanc produce elegant white wines in this region, with exciting minerality, while Pinot Noir, Merlot, and Malbec stand out among the reds.

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"It's not love but fear that binds us together," said Jorge Luis Borges, a novelist-cum-national hero who embodies the essence of Argentina. "That may be why I love her so much." Aristocratic, bohemian, and chic all at once, Buenos Aires is a wonderful place to visit—and the perfect place to begin your trip. The city's enchanting past lives harmoniously with its present, its historic landmarks and colorful *barrios* provide a brilliant backdrop for its famously seductive and lithe tango as well its cutting-edge restaurants, offering the traditional alongside surprising culinary innovations. All you have to do is bask in its glorious sun as it fades into an unforgettable night.

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IN THE SAVEUR

KITCHEN

Discoveries and Techniques from Our Favorite Room in the House » Edited by Todd Coleman



Auntie Knows Best

WHEN WE STARTED PULLING together the recipes for “The Art of Kimchi” (page 74), the idea of making our own kimchi was a little intimidating. We figured there must be some magic involved in conjuring the mysterious depths of flavor that have always drawn us to those garlicky, chile-spiked Korean pickles. In the end, it came down to simple science—and some help from an expert. When we reached out to Kelly Choi (above left), the Korean-born host of Bravo’s *Top Chef Masters* and buddy of our editor-in-chief, James Oseland (who was a judge on the 2009 season of the show), she said, “I know just the person you need to meet.” And so one afternoon Kelly and her aunt, the petite and energetic Young Hee Chung

(right), arrived in our test kitchen loaded down with shopping bags. Some of the ingredients were familiar: the Napa cabbage, for instance, and the garlic (lots of it). Others—the watercress-like green called minari and the tiny, salt-preserved shrimp called *saeu chot*—were new to us. Kelly translated as her aunt explained in Korean what she was doing: massaging the cabbage leaves with salt water to draw out their moisture, rubbing them with the seasoning paste she’d made, and so on. Young Hee constantly tasted the seasonings and cabbage as she went along and beckoned for us to do the same. This was no hocus pocus; this was a cook trusting her palate and giving us the confidence to trust ours too. —Beth Kracklauer

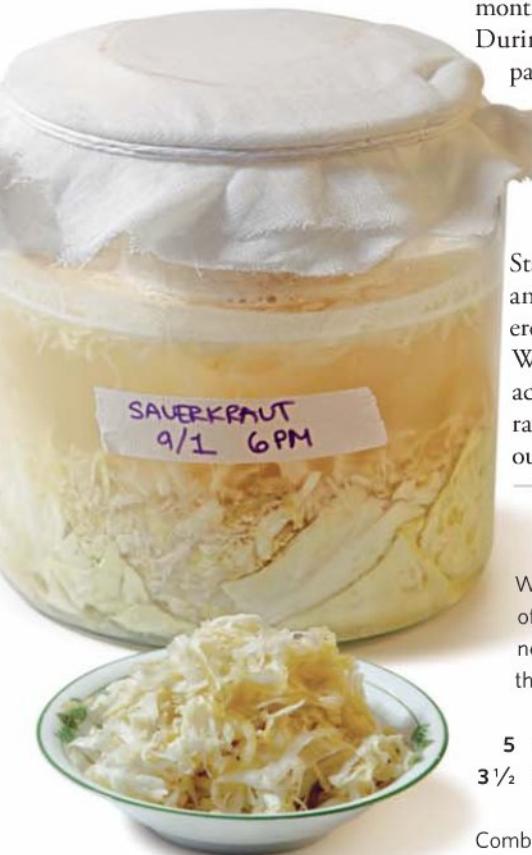
KITCHEN

To Pop or Not

IN TESTING THE TURKEY recipes for our special Thanksgiving feature ("Giving Thanks," page 53), we roasted 15 birds. All came with a little plastic thermometer inserted into the breast that's designed to pop up when the turkey is done. I'd always removed the device and inserted my own thermometer in the thigh instead, as the legs take longer to cook than the breast. This time I left the plastic thermometers in. Not one of them actually popped up. What gives? It turns out that Volk Enterprises, the manufacturer that makes the most widely available version of the gadget, calibrates the thermometer to activate when the turkey breast reaches 180 degrees, at which temperature the solid material in the thermometer's base liquefies and releases the spring-loaded indicator. I called Volk CEO Ed Gustafson to ask why 180 degrees was chosen as the target temperature when even the cautious USDA deems a turkey to be done at 165 degrees. "The pop up removes a lot of the guesswork," he told me. "The consumer can be assured that the bird has cooked completely." So, think of the gadget as a sort of emergency parachute for distracted cooks. You might end up with slightly dry meat if you rely on it, but you'll avert disaster. —Hunter Lewis



ANDRE BARANOWSKI (6); FACING PAGE: LANDON NORDEMAN



Taste of the New

THE FIRST TIME I tasted "new" sauerkraut, I hardly recognized what I was eating. Zingy and effervescent, the lightly fermented shredded cabbage was nothing like the aggressively sour and briny sauerkraut I was accustomed to getting on my hot dogs. Even the raw sauerkraut I'd bought in the past at eastern and central European markets had nowhere near the same liveliness and true cabbage flavor. The French have long appreciated "choucroute nouvelle," a seasonal specialty that is fermented for just a couple of weeks as opposed to several

months, the time allotted for most sauerkrauts. During the cabbage harvest, cooks in Alsace pair new sauerkraut with pork and sausages in choucroute garnie (see page 49); I've found that it brightens the flavor of a dish such as a composed vegetable salad without overwhelming it with tartness.

New sauerkraut isn't sold in the United States, but it's easy to make: just chop, salt, and pound fresh cabbage and store it covered in a glass jar at room temperature. Within several days, the process of lactic acid fermentation begins to transform the raw cabbage into a mildly tangy and thoroughly delicious food. —H.L.

SAUERKRAUT

MAKES 8 CUPS

When making sauerkraut, use firm, dense heads of cabbage with tightly packed leaves. A Japanese-style mandoline works well for shredding the cabbage.

5 lbs. finely shredded white cabbage
3 1/2 tbsps. kosher salt

Combine shredded cabbage and salt in a large bowl. Using a potato masher or a wooden spoon, pound cabbage for 10 minutes to bruise it and extract juices. Working in batches, transfer the cabbage and juices to a 1-gallon jar, pressing each layer down with the masher before adding the next batch. Press a small plate into the jar onto the surface of the cabbage to weight it down. Cover jar with 4 layers of cheesecloth secured with kitchen twine. Let cabbage sit and ferment at room temperature, skimming any white froth from the surface of the liquid every other day and discarding portions of the cabbage that turn brown, for up to 3 weeks before transferring it to two 1-qt. jars and refrigerating. The flavor of the sauerkraut will deepen as it sits. Use it after about 10 days for a brighter new sauerkraut flavor or after a couple of months for a stronger classic sauerkraut flavor. Sauerkraut will keep in the refrigerator for up to 6 months.

Israeli Condiments

Tangy, spicy, and salty condiments are central to many classic Israeli dishes (see page 84). Here are four of our favorites. (A popular store-bought version of each ingredient is pictured; see THE PANTRY, page 106, for sources.) —Yael Coty



Schug is a piquant cilantro-chile paste that's often served atop falafel sandwiches and sometimes added to hummus.



Amber, a bright, zesty sauce of green mango that's been pickled with a variety of spices, is a popular topping for grilled meats.



Shipka peppers are mild green chiles preserved in brine. They give heat and crunch to dishes like the Jerusalem mixed grill on page 94.



Tahini is a creamy, nutty-tasting paste made from crushed sesame seeds; it is a key ingredient for the hummus shown on page 90.

Wild rosemary seared salmon, easy to make at home.

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Turkey to Flip For



WE'VE TRIED MANY roasting methods over the years, but the one Susana Trilling (above) uses to make the chile-rubbed turkey she serves at her Thanksgiving feast in Oaxaca, Mexico (see page 58), really stands out. An hour into roasting, Trilling flips the turkey so that the breast is on the bottom. The result is juicy white meat and meltingly tender legs and thighs. —B.K.

GUAJOLETE RELLENO ENCHILADO AL HORNO

(Chile-Rubbed Roast Turkey)

SERVES 12

- 6 pasilla chiles, stemmed and seeded
- 30 cloves garlic (5 finely chopped)
- 1/3 cup orange juice
- 3 tbsps. extra-virgin olive oil
- 2 tbsps. honey
- 1 tbsp. kosher salt, plus more to taste
- 1 tbsp. whole black peppercorns
- 1 12 lb. turkey
- 1 large onion, quartered
- 1 orange, quartered
- 1/2 cup port or red wine

- 2 tbsps. unsalted butter
- 4 cups turkey or chicken broth
- 1 1/2 tbsps. cornstarch mixed with 3 tbsps. water
- 1/2 tsp. freshly grated nutmeg
- 2 tbsps. finely chopped flat-leaf parsley

① In a 10" cast-iron skillet over high heat, toast chiles, turning once, until fragrant, about 2 minutes. Transfer to a small bowl and cover with 1 cup boiling water; let soak until soft, 20 minutes. Transfer chiles and their liquid to a blender along with 25 cloves garlic, orange juice, oil, honey, 1 tbsp. salt, and peppercorns and purée until smooth, about 2 minutes. Set chile rub aside.

② Heat oven to 500° and place rack in bottom third of oven. Season inside of turkey with salt. Rub turkey with chile rub and stuff with onions and oranges; transfer turkey breast side up to a rack set in a roasting pan. Roast for 30 minutes; lower heat to 325° and cook for 30 minutes more. Remove turkey from oven and, using kitchen towels to protect your hands, flip turkey breast side down. Roast, basting occasionally, until an instant-read thermometer inserted into a thigh but not touching the bone registers 165°, about 3 hours total for a 12-lb. turkey. Lower oven to 150°. Transfer turkey, breast side up, to a baking sheet; return to oven to keep warm. Remove turkey from oven 15 minutes before serving.

③ Meanwhile, add port to roasting pan and heat over high heat. Scrape up any brown bits; cook, stirring, until mixture has reduced by half, about 5 minutes. Set a sieve over a bowl; strain liquid and discard solids. Put liquid into freezer and leave for 30 minutes. Skim and discard fat; set liquid aside. Melt butter in a 12" skillet over medium-high heat. Add remaining garlic; cook until soft, about 2 minutes. Add broth and reserved liquid; boil to reduce by half, about 15 minutes. Whisk in cornstarch mixture; boil; strain through a sieve into a 1-qt. saucepan. Stir in nutmeg and parsley; season gravy with salt and pepper. Carve turkey (see page 72) and serve with the gravy.

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SAVEUR's guide to EVENTS, PROMOTIONS & PRODUCTS



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THE PANTRY

A Guide to Resources

In producing the stories for this issue, we discovered food products and destinations too good to keep to ourselves. Please feel free to raid our pantry!

BY BEN MIMS

Fare

Purchase items from **Melitta** (888/635-4882; cafe.melitta.com). Buy many **scotches** from Park Avenue Liquor Shop (212/685-2442). Visit **M. Manze** (87 Tower Bridge Road, London; 020/7407-2985). Purchase **Canal House Cooking** (\$19.95; 609/802-7997; www.thecanalhouse.com). Visit **Rosemary's Restaurant** (8125 West Sahara Avenue, Las Vegas; 702/869-2251). Buy **2006 Domaine Chandon Pinot Meunier Carneros** from The Cellar (\$31.99; 866/668-7734).

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Lives

Order **heritage turkeys** from Heritage Foods USA (718/389-0985).

The paper used for this magazine comes from certified forests that are managed in a sustainable way to meet the social, economic, and environmental needs of present and future generations.



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Classic

Order **raw sauerkraut** and **choucroute meats** from Schaller & Weber (212/879-3047) and **duck fat** (\$3.99 for a 7-ounce tub) from D'Artagnan (800/327-8246).

Thanksgiving

Buy **Mexican canela** (\$5.99 for a 2-ounce bag), **piloncillo** (\$6.99 for an 8-ounce piece), **sugar-cane in syrup**, and **guava wedges in syrup** (both \$8.49 for a 20-ounce can) from Kalustyan's (800/352-3451).

Kimchi

Buy **Korean chile powder** (\$18.99 for a 5-pound bag), **anchovy sauce** (\$2.99 for a 23-ounce bottle), and **salted shrimp** (\$8.99 for a 7-ounce jar) from Koa Mart (www.kaomart.com) and **Korean chives** (ask for "garlic chives"), **Korean watercress** (ask for "Chinese celery"), **Korean chiles** and **Japanese cucumbers** (market prices vary), and **ready-made kimchi** (\$27.50 for three 14-ounce jars) from Melissa's World Variety Produce (800/588-0151).

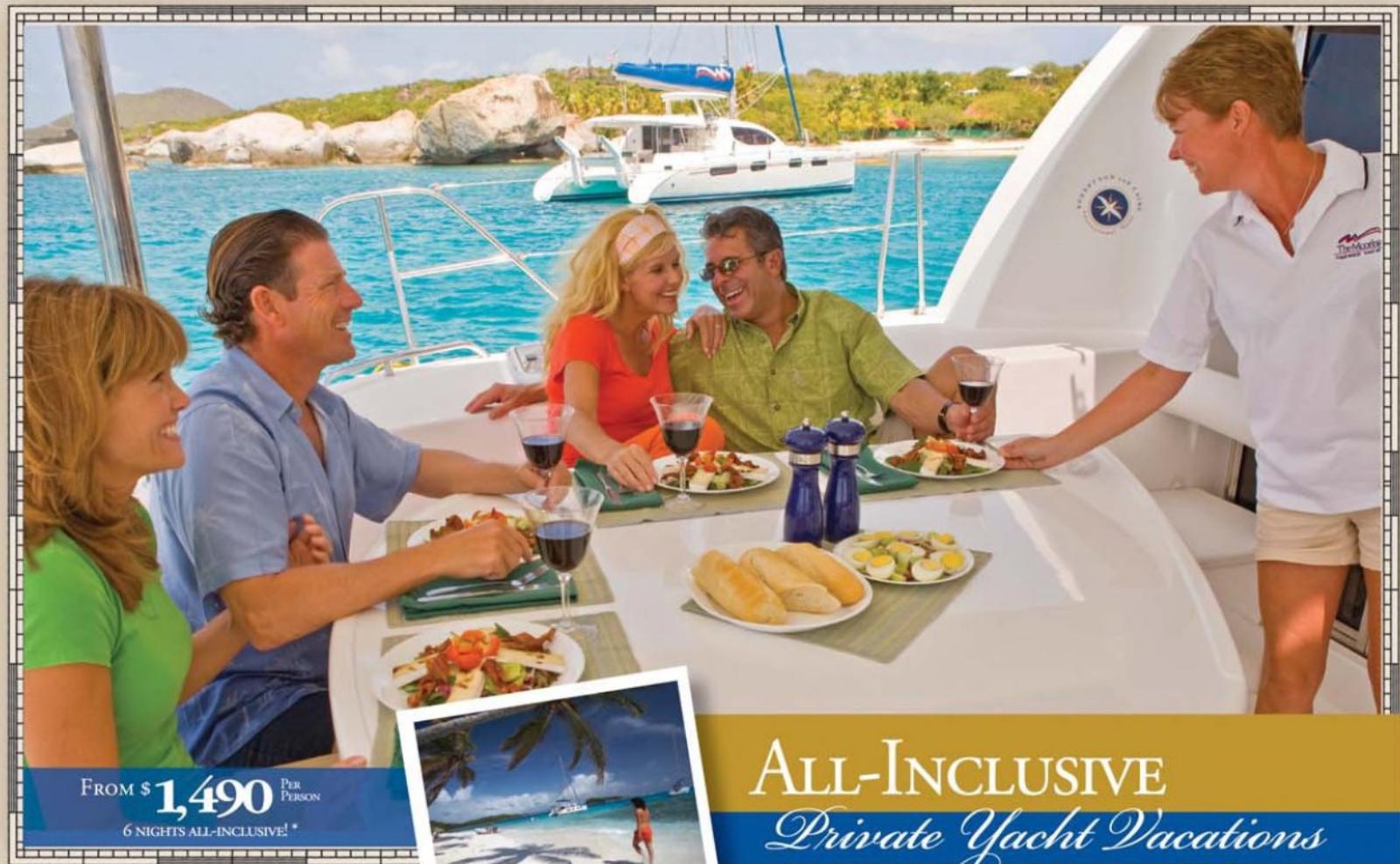
Kitchen

Buy **amba** (\$5.99 for a 17.5-ounce jar), **shipka pickled peppers** (\$2.99 for a 19-ounce can), **tahini** (\$5.99 for a 16-ounce jar), and **schug** (\$4.99 for a 7-ounce tub) from Holy Land Market (212/477-4440).

Sweepstakes

For a chance to win a **roasting pan**, enter the "Win This" sweepstakes, sponsored by SAVEUR, at www.saveur.com/win between October 12 and November 9, 2009. Contest is open to residents of the United States ages 18 and older. No purchase necessary; void where prohibited by law. For complete official rules, see our website.

Correction As a follow-up to the "Lamb Varieties" article in our October 2009 issue: chilled, fresh lamb shipped from Australia and New Zealand is often available in supermarkets in the United States.



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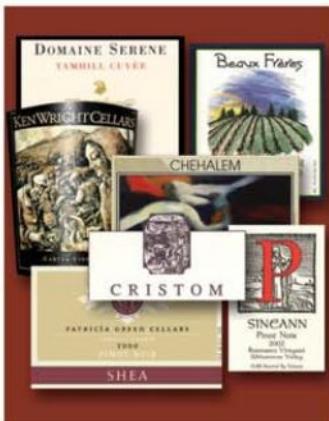


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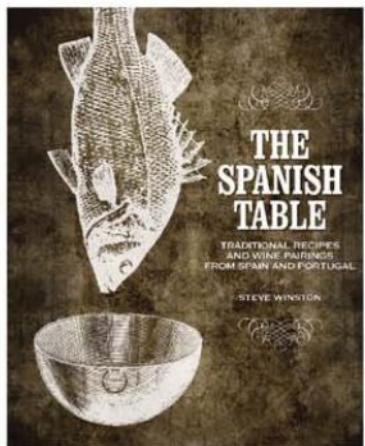
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